



YEAR-ROUND FOUNDATION STACK

Take these every day, every phase, all year.

SUPPLEMENT	DOSAGE	WHEN TO TAKE	WHY
Whey Protein (Thorne)	1-2 servings/day	Post-workout or between meals	Hit daily protein target
Multivitamin (Thorne 2/Day)	As directed on label	With breakfast	Cover micronutrient gaps
BCAAs (Thorne)	1-2 servings/day	During or after training	Muscle recovery, reduce soreness
Creatine (Thorne)	See phase-specific below	Morning, with any meal	Strength, power, muscle hydration

PHASE-SPECIFIC ADJUSTMENTS

What changes each quarter. Bold actions = do this now.

PHASE 1: BASELINE	PHASE 2: CUT	PHASE 3: MAINTAIN	PHASE 4: BUILD
<p>January – March</p> <hr/> <p>Creatine: 5g daily Foundation stack only No additions No removals</p> <p>This is your baseline. Learn. Track. Build habits.</p>	<p>April – June</p> <hr/> <p>STOP Creatine (masks scale progress – water retention)</p> <p>ADD Weight Mgmt Stack</p> <p>CONTINUE protein, multivitamin, BCAAs</p>	<p>July – September</p> <hr/> <p>RESTART Creatine 5g daily</p> <p>STOP Weight Mgmt Stack</p> <p>Foundation stack only Lock in your new weight.</p>	<p>October – December</p> <hr/> <p>Creatine: 10g daily (doubled for building)</p> <p>ADD Glutamine 5g daily</p> <p>CONTINUE protein, multivitamin, BCAAs</p> <p>Time to grow.</p>