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This article will serve as the ultimate guide for bodybuilding nutrition and provide crucial information that will guide you through to success. A 7-day sample diet plan can also be found towards the conclusion of the article for future reference.

Vegetables are one of the most overlooked components of bodybuilding nutrition. Many bodybuilders are rigorous about their protein and complex carbohydrate consumption, but lax about eating a sufficient quantity and variety of vegetables. Bodybuilders should strive to take in five or six servings every day.