

Lean Bulk — Week 1 (16–22 Sept)

Cycle — Week 1 (foundation)

- Testosterone Enanthate (Critical): 150 mg/week (ED micro-doses).
- Masteron Propionate (Critical): 315 mg/week (0.30 ml ED @ 150 mg/ml).
- Primobolan Enanthate (Critical): 300 mg/week (0.30 ml ED @ 150 mg/ml).
- Growth Hormone (GenX): 3 IU/day (AM, fasted).
- Retatrutide (GLP1/GIP): 6 mg/week (planned to reduce to 2 mg/week from Week 2).

Support Supplements (by brand)

- Trained by JP: The One (multivitamin), Omega Professional (EPA/DHA), Heart Support, Kidney & Blood Pressure Support, Cure Coming (Curcumin BCM95), Ashwagandha, Magnesium Bisglycinate, Vital Support (liver – NAC/TUDCA).
- Strom Sports: LipidMax, ThromboMax.
- Combat Fuel: Vitamin D3 5000 IU + K2 (MK-7).
- Other: Creatine Monohydrate 5 g/day, Collagen + Hyaluronic Acid, Electrolyte mix (as needed), Telmisartan 40 mg/day, Cialis 20 mg/day.

Date	Calories In	Calories Out	Net	Weight (st/lb)	Fasted Glucose (mmol/L)	Blood Pressure / HR
Mon 16 Sep	3,130	4,230	-1,100	—	—	—
Tue 17 Sep	5,430	4,230	+1,200	—	—	136/72 · HR 95
Wed 18 Sep	3,859	3,700	+159	—	—	122/71 · HR 72
Thu 19 Sep	4,860	4,100	+760	—	—	—
Fri 20 Sep	4,820	3,900	+920	13 st 10 lb	3.9	127/66 · HR 74
Sat 21 Sep	3,772	4,250	-478	13 st 12 lb	5.8	126/74
Sun 22 Sep	4,540	4,050	+490	13 st 11 lb	4.7	122/71

Weekly Totals & Projection

- Calories In — 30,411 kcal | Out: 28,460 kcal | Net: +1,951 kcal.
- Expected composition (contextual): at this net balance and training volume, projected ~0.3–0.5 kg lean mass gain with minimal fat (<0.1–0.2 kg), assuming protein targets met and sleep/recovery consistent.

Week Notes (objective + subjective)

- Appetite high; adherence strong; higher-carb days increased fullness.
- Midsection felt tighter to touch; slight visual blur in lower abs consistent with carb/glycogen loading; small pockets at lower abdomen/hip still present.
- No problematic water retention on GenX GH at 3 IU/day; markedly better than prior generic trial.
- BP readings mid-week stable (mid 120s/70s) with Telmisartan 40 mg/day; HR 70–95 range.
- FBG dipped Fri–Sun (3.9 / 5.8 / 4.7 mmol/L) — now stabilising with evening carbs (potatoes/oats).