



Get Swole Nutrition



KEYS

- Take in more calories than you burn each day
- Gaining muscle requires quality calories- not processed foods!
- Intaking enough protein and carbohydrates is key
- Spread meals out so that you eat about 6 times/day
- Don't forget to hydrate- at least ½ of your body weight in ounces

WHAT YOU SHOULD KNOW

- Successful muscle gain results from consistency. This means continuously stressing the muscle (working out), and eating properly to accommodate muscle growth.
- You don't have to go on a "diet" or count calories.
 - Eat breakfast, lunch, and dinner, with 3 added snacks.
 - Eating every 2-3 hours will keep protein synthesis going- aka help build your muscle!
- Recovery nutrition
 - After a workout, recovery is essential to rebuilding and refuel that muscle tissue with protein and carbohydrates
 - Make sure you choose a meal or snack with at least 20g of protein and 40g carbohydrates within 30-60 minutes

WHAT SHOULD I BE EATING?

Protein

- Protein is the building block to muscle. Typically an intake of 1g/lb bodyweight a day is sufficient for muscle growth
- Animal Proteins
 - Lean meats (skinless chicken, turkey, fish, pork, ground meats "90-95% lean")
 - Eggs, milk, cheese, yogurt
- Plant Proteins
 - Nuts, nut butters, soy, beans, seeds, chickpeas, peas, black beans, black-eyed peas, other beans and legumes

Carbohydrates

- Carbohydrates are the main source of energy and are what give you the fuel to power through your workouts.
- Additionally, they help deliver protein to your muscles- hence their importance for your post-workout nutrition.
- Go for whole grains when choosing breads and pastas. They will contain more vitamins and minerals, fiber, and protein.

Fats

- We want to eat enough fat to keep our bodies healthy, including optimum nerve and cell functions. Fat helps us absorb other nutrients, and is the main way we store energy.
- Fat is important, but the type of fat we intake is even more important. The healthier fats are unsaturated- which means they are liquid at room temperature (olive and canola oil)
- Healthy Fat Sources
 - Avocado
 - Olive Oil
 - Nuts, seeds, and nut butters
 - Flaxseed and chia seeds
 - Salmon (high in omega-3's)
 - Egg Yolk

SAMPLE DAY OF EATING

- Breakfast: Eggs, whole grain toast or waffle, piece of fruit, glass of milk or greek yogurt
- Snack: Whole grain bagel with peanut butter
- Lunch: Brown rice, salmon, asparagus, avocado
- Snack: Cottage cheese with fruit, handful of nuts
- Dinner: Lean meat, potatoes or pasta, bowl of veggie soup or salad, dessert!
- Snack: Fruit smoothie OR glass of milk with piece of fruit OR veggies with hummus

While our goal is to provide education, we are not recommending any specific diet- as everyone is different. Whatever diet you choose, find one that works best for your lifestyle and is maintainable! What works for you may not work for someone else. Additionally, a healthy lifestyle does not have to include a restrictive diet. When paired with frequent exercise, a healthy diet can consist of 85-90% quality calories, and 10-15% of freedom to splurge. If you need additional guidance, think about talking to a dietitian to help you better understand your body and set realistic goals.