A logo of a gorilla

Description automatically generated

Grit Dominate Diet Plan/Tips

Your **current weight** is sitting around **67 to 69kgs**.

Your **weight goal** is **75 to 80kgs**.

Your currently added taking creatine and weight gainer but still had trouble bulking up.

The Solution

To maintain your current weight at 67 to 6kgs, you need to eat 2,676 calories per day.

For you to bulk up to 1kg per week (which is a healthier and sustainable), you need to eat 2,926 to 3,176 calories per day.

Option 1 (less aggressive approach): Target a weight gain of 0.5kg per week. It will take around 16 weeks to achieve your **weight goal**. Roughly 4 months.

Option 2 (more aggressive approach): Target a weight gain of 1kg per week. It will take around 8 weeks to reach your **weight goal**. Roughly 2 months.

What You Need To Do

Step 1 is to track your calorie intakes. You can use a free app called “myfitnesspal” to track how many calories you are eating in a day. Our goal is to eat **2,926 to 3,176 per day.**

Here’s a quick tutorial on how to use the myfitnesspal app:[**https://www.youtube.com/shorts/6TLZEw-xzB8**](https://www.youtube.com/shorts/6TLZEw-xzB8)

You want to hit your Macronutrients at 40% Protein, 30% Carbohydrates, and 30% Fats.

High Protein Foods: Chicken breast, lean ground beef, poultry, fish, LOTS OF EGGS, tofu, salmon, tuna, peanut butter, and more.

For Carbohydrates: Brown rice, potatoes, oats, fruits and vegetables.

For Fats: Nuts, almonds, cashew, olive oil, and more.

**IMPORTANT NOTE:** Eat a high protein diet and eat more (**2,926 to 3,176 per day**). You need to do a caloric surplus to gain weight while building muscles. Keep taking creatine and weight gainer each and every workout. Trust the process and stay patient.