

GAINING WEIGHT FOR SKINNY PEOPLE



B R E A K T H R O U G H

A Once Too-Skinny Model Spills The Beans... How To Gain Weight Fast In Less Than 2 Weeks!

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Introduction

For those people who are underweight, it can be a challenge to gain weight. There is a high prevalence in our country to be overweight and obese and this means that there is little thought put into the fact that there are those people out there that are underweight and need to add pounds rather than take them away.

To gain weight you need to be healthy and you need to consume more calories from healthy foods. You must also perform the right types of exercise so that you stay fit and healthy, but also gain weight. This may seem like an oxymoron, but you want to gain healthy weight, you don't want to look like a couch potato. This also means that you need to eat healthy foods instead of high fat processed foods that are only going to clog your arteries and cause damage to your health later down the road.

Also, for those young people out there, you should give yourself a little time. Some people are very thin until they hit their twenties and then they begin packing on the pounds. But for those of you who are past this point in their lives then it is not likely that you are going to be gaining weight, so there are things that you can do to begin gaining healthy weight.

There are a number of people who are underweight, and this stems from a variety of reasons. Many people who are underweight suffer from chronic diseases or eating disorders. Some people are athletes or just thin people who want to gain muscle as well as weight. Elderly people are often underweight. As our body ages we gradually lose taste, smell and it is harder to prepare large meals and the result is that they lose weight and become thin.

Being too thin may also increase a person's risk for dying from certain diseases like cancer and heart failure. Many people associate this with being overweight, but the fact of the matter is that it works both ways. You have to meet in the middle where you are a good weight without being overweight. Elderly people who are underweight are also prone to becoming frail and suffering from osteoporosis or hip fractures. Men have an increase chance of erectile dysfunction.

This guide will tell you how to gain healthy weight and to do it in a healthy manner. By following these simple guidelines you will be on your way to not being chronically thin and also gaining muscle as well.

Chapter 1

Eating to Gain Weight

For many people it is awkward to think about actually *gaining* weight. There is much more emphasis put on losing weight that people don't really consider that there are people out there who actually need to gain weight. However, there are several reasons that people need to gain weight, but the process must be done in a manner that is healthy. You just can't begin eating fried foods and candy to gain weight; you need to put healthy calories in your body – not empty ones.

According to the University of California, Los Angeles, it takes an extra 500 calories a day to gain one pound in a week. This is a lot of calories to add to your diet everyday and it adds up to 3500 calories a day – just to gain one pound!

Changing What You Drink

What you drink and hydrate your body with has a lot to do with your weight. Water makes up 80% of your body, but water has zero calories. While it is still important that you supply your body with an adequate amount of water, it is important that you also drink other healthy beverages. These may include:

- Shakes – Healthy ones of course
- Milk, and
- Juice

You should try to avoid:

- Coffee
- Tea, and
- Sodas and Diet Sodas

Coffee, tea and soda contain caffeine which dehydrates your body. Sodas, especially and even diet sodas, contain a lot of sugar and empty calories. Although these may cause you to gain weight, it is not the healthy kind of weight you're trying to gain.

Health shakes, milk and juice all contain natural sugars and healthy calories. They also have a high water content, so even though you are drinking less actual water, you are still able to keep your body properly hydrated.

You can drink supplement shakes, such as Ensure, during snack times. Other healthy shakes are good as well such as protein shakes and smoothies. These all provide you with some extra calories that will help you gain weight and stay hydrated. Some protein shakes are mixed with water or you can mix them with milk or juice to improve the taste of them. Most are flavored in vanilla, chocolate or strawberry.

Juices contain natural sugars and nutrients. Do drink real fruit juices such as apple, orange and grape juice. These juices contain real fruit juice. Juice boxes do not contain any real fruit juices and are mostly empty calories and not much better than soda.

Tea is not as bad as coffee in terms of caffeine. The caffeine in coffee will work against your goals because it actually causes you to lose weight instead of gain it. If you love your coffee, then you need to cut back to one cup a day. Lattes and cappuccinos that you get from places like Starbucks and similar coffee houses have a lot of calories because of the milk and sugar they add to them, but they also contain espresso which has more caffeine than a typical cup of coffee, especially if you add multiple extra shots. Tea is healthier than coffee, but it still has weight loss properties instead of weight gain properties. If you were going to change what you drink in the mornings, tea is a better choice than coffee.

Eat Frequently and Larger

Eating frequently and larger meals seems to be a given, but it is very important that you eat properly and consume the right types of calories. There are several healthy high calorie foods that you have to choose from. These include:

- Dried fruit,

- Starch vegetables,
- Whole grain breads,
- Cereals,
- Hearty bean soups, and
- Nuts

Add lots of condiments and "extras" to your meals. Don't eat things plain. The little things really do add up in the long run. You can add healthy unsaturated fats to your diet as well, which includes foods like:

- Olive and canola oil,
- Nuts,
- Seeds,
- Peanut butter, and
- Avocados and Guacamole

You should also eat healthy carbs and proteins in the form of:

- Honey,
- Jam,
- Dried fruit,
- Wheat germ,
- Nonfat dried milk powder, and
- Soy protein powder

Eat three large meals and two or three large snacks each day. Add to the sizes of your portions as well.

Foods to Choose from for More Calories

There are several different types of foods that you can add to your diet to add bulk and calories to your meals. Remember, even though you are trying to gain weight you don't want to increase the amount of junk food you eat. Those are unhealthy and empty calories. They will add fat to your body, but it's not a healthy way to gain weight.

Breads

The denser the bread, the more calories they are going to contain. You can choose from several different types of breads that will also add variety to your diet. Just because you're trying to gain weight doesn't mean you're stuck eating high fat foods all the time that have no flavor. Choose from breads like whole wheat, pumpernickel, bran, or rye. Try to avoid white breads. The thicker the slices the better! Add to these with healthy toppings such as jam, honey, low-fat cream cheese, peanut butter and hummus.

Cereals

Choose dense cold cereals for breakfast or snacks. These include wheat cereals, bran cereals and cereals like Grape-Nuts. Don't eat flaked or puffed cereals that have a lot of sugar in them. When you are making hot cereals, such as oatmeal, use low fat milk to boost healthy calories instead of water. This is a healthy way to add calories. Also, you can add fruits and nuts to them to add variety.

Vegetables

Starchy vegetables are best when you're trying to gain weight. Eat foods like potatoes, carrots, peas, corn, squash, and beets. These have more calories than your watery vegetables like broccoli, cauliflower, zucchini, cucumbers and green beans. All of your leafy greens also contain a lot of water versus starch.

Fruits

The same is true for fruits as it is for vegetables. You want to eat your fruits that have more calories than your fruits that are mostly water. Good fruits for you to eat are bananas, pears, pineapple, apples, and dried fruits. Good dried fruits are raisins, dates, and dried apricots. You can also add canned fruits to your diet such as fruit cocktails, canned pears, pineapple and other similar canned products. These are canned in heavy syrup instead of their own juice and will add calories.

Avoid watery fruits such as watermelon, other melons, oranges, peaches, plums and berries. These fruits are healthy, but they have a much higher water content and are better if you are trying to lose weight.

Soups

Creamed soups and chowders may seem like your best option here, but they are actually high in saturated fat and you want to eat unsaturated fat. These soups are good in moderation though and can be used to add variety. Good hearty soups that you can choose, however, include black bean, lentil, chili with beans and beef, barley, split pea and minestrone-type soups. These soups contain more calories and carbohydrates than brothy soups and vegetable soups. The more bulk the better.

Salads

Salads are typically high in water content and low in calories. They can add fiber and bulk to your diet, but you will need to add to them to increase the calories. There are several healthy items you can add to your salad rather than drowning it in Ranch and cheese. Add kidney beans, garbanzo beans, green peas, corn, chopped vegetables, lean meat, tuna and croutons. You can also add nuts such as walnuts, almonds and peanuts. Have a side of cottage cheese with it as well. For dressing, avoid creamy dressings that are high in saturated fat. Instead, try oil type dressings.

Fats

There are several different types of fats and it's important that you know the differences in these. There are four types of fats that are in your diet and some of these have sub-categories as well, including:

- Saturated fats,
- Hydrogenated fat,
- Unsaturated fat, including Polyunsaturated fats and Monounsaturated fats
- Trans-Fatty Acids and Hydrogenated Fats

Saturated Fats

Saturated fats are the main causes behind high blood cholesterol levels. You want to avoid consuming too much of these fats, although some occur naturally in the diet. Saturated fats are those that are found in your meats because they occur naturally in animals and some plants.

Foods that include saturated fats may be:

- | | |
|---------------------|--|
| • Beef and beef fat | • Butter |
| • Veal | • Cream |
| • Lamb | • Cheese |
| • Pork | • Milk |
| • Lard | • Dairy products made from whole and 2% milk |
| • Poultry fat | |

All of these foods contain dietary cholesterol. Obviously you can add several of these to your diet to gain weight, just be sure that you pick the healthy ones. Nobody wants to eat straight lard or butter!

Plants that contain saturated fats include:

- Coconut
- Coconut oil
- Palm oil
- Palm kernel oil (tropical oils), and
- Cocoa butter

Be smart about adding saturated fats to your diet. You want to gain weight, but you don't want high cholesterol in the process.

Hydrogenated Fats

When food is processed, many of the fats in food undergo a chemical change called hydrogenation. This is most common in processing foods such as margarine and shortening. These fats are also known to raise your blood cholesterol and they are often high in saturated fat as well. These should also be eaten in moderation because they are not the healthy weight gaining fats you want to eat.

Polyunsaturated and Monounsaturated Fats

These are the two types of unsaturated fats in our diets. Both are commonly found in fish, oils, seeds and nuts that come from plants. Other foods that contain these are:

- Salmon
- Trout
- Herring
- Avocados
- Walnuts
- Olives
- Soybean oil
- Corn oil
- Safflower oil
- Canola oil
- Olive oil
- Sunflower oil

These fats actually help to lower your blood cholesterol levels when you eat them instead of saturated fat and trans-fats. These fats are your healthier fats.

Trans-fatty Acids and Hydrogenated Fats

Unsaturated fatty acids come in two types called "cis" and "trans" fats. These terms refer to the chemical shape of the unsaturated fatty acid. The most common fat is the "cis." Trans-fatty acids are found in small amounts in a variety of different foods. These foods include:

- Beef
- Pork
- Lamb, and
- Butterfat (found both in milk and butter)

Trans-fatty acids tend to raise blood cholesterol levels, possibly higher than saturated fats. These also raise your bad cholesterol while lowering your good cholesterol levels when they are used instead of cis fatty acids or natural oils. These different changes often cause an increase in the risk of heart disease.

The FDA requires that producers list trans-fat on the nutrition labels of food items. Many of the fast foods we eat contain high quantities of trans-fatty acids. There are no labeling requirements on fast food and they may also advertise that it is cooked in vegetable oil and as being cholesterol free, but they may still contain trans-fat. Many restaurants now advertise that they no longer use trans-fatty acids to make their food both convenient and much healthier.

Essential Fatty Acids

Essential fatty acids are crucial to your health and your ability to gain weight. Essential fatty acids are also known as Omega-3 and Omega-6 fatty acids and are found in polyunsaturated fats, especially fish oils. These also have numerous health benefits and they play a huge role in muscle building, which is huge for individuals who are trying to gain weight and muscle mass.

Eating essential fatty acids as well as flaxseed oil can help you to live healthier, longer and build muscle.

Using Nutritional Supplements

First of all, it is important for you to realize that supplements are not magic and you are not going to see results as soon as you start to take them. Many people believe they will begin to pack on the pounds just after they begin using a product. However, this is simply not realistic. Supplements are only designed to enhance a healthy diet and good workout regimen.

Supplements can provide you an extra edge if you know what they can do for you. Supplements are for added convenience. They help you to get the required nutrients you need each day that your diet cannot always provide you. They also make eating larger amounts of calories easier for you, especially if you have a low appetite.

Supplements can assist you in increasing your strength levels as well. Products such as Creatine will help you to gain more weight by increasing your strength output. They will help you to lift heavier weights, which helps you in stimulating your muscles and results in more muscle growth.

Vitamin C is great because it prevents free radical damage, and this is common after the heavy trauma associated with weight training. It is essential to help repair your connective tissue as well. Vitamin C can also reduce the amount of time you are sore after working out.

Vitamins are good for your health in general. Weight training increases your body's needs for nutrients such as magnesium and selenium. A multi-vitamin is always good for you, as it ensures you are never deficient in your essential vitamins and minerals. You can determine if you are deficient when your muscles begin to feel weak, because you get sick easily because of a suppressed immune system and you have muscle cramping and fatigue.

Many people believe that they could not have attained the body that they have without nutritional supplements.

Chapter 2

Keeping a Food Diary to Gain Weight

In order to know how many calories you need to eat, you will need to begin by figuring out how many calories you already eat on a daily basis. You will need to track your intake by using a food diary. Track your calorie intake on all of the foods that you eat for a week. If one week is somewhat exceptional in the amount of food you eat, like a holiday week, then track your calorie intake for two to three weeks.

A food diary can be a very effective tool to determine what your eating habits are and if they are healthy. A food diary will help you to understand how many calories you eat. A food diary will help you to reveal how many calories you are getting on a daily and weekly basis as well. At the same time you will be able to determine if you are eating enough fruits, vegetables, healthy proteins, and whole grains. A food diary will also help you to determine whether or not your carb-fat-protein ratios are in healthy proportions.

The supplies that you will need to keep a food diary include:

- Three-ring binders,
- Three hole paper punch,
- Paper, and
- Printer

You can find food diary pages on the Internet or you can make your own. Design your food diary to determine how many calories, carbs, fats and proteins you are eating on a regular basis, and you also need to measure your portion sizes.

In order to measure your portion sizes properly you will need:

- Kitchen scale,
- Measuring cups, and

- Measuring spoons.

It will also help if you know how to read Nutrition Fact Labels so that you can understand the portion sizes for foods that are packaged. Just because they are packaged as single servings, does not necessarily mean that they are single serve foods. For instance, large muffins often look as though they are a single serving when they are actually two. This means you have to double the amount of calories and nutrition information that you read on the package.

You will also need a nutrition database to provide you with health information on those foods that are not packaged. You can find a great database at the [USDA Nutrient Database](#).

Once you have your supplies you will be ready to keep your food diary.

Writing in Your Food Diary

On the first page of your food diary you are going to want a cover page. Here you will include your current weight and your goal weight. You can also include any other health goals you may have. Additionally, you may want to record your daily calorie goal. This goal can be a single number, such as 1550 calories, or a range. If your weight gain slows down, you can adjust your calorie goal as you go.

If you are not sure how many calories you are eating each day, use a Calorie and Nutrition Guide to assist you. There are [Calorie Calculator for Men](#) and [Calorie Calculator for Women](#).

You can also track your calories through the different food groups. Food groups can tell you serving size information and what foods are healthy calorie sources. There are also [Food Groups for Men](#) and [Food Groups for Women](#).

Additionally, you will want to consider your minerals and nutrients in your diet. This will ensure that you are not deficient in any nutrients that may be contributing to your inability to gain weight. There are [Nutrient Daily Amounts for Men](#) and [Women](#).

Food Diary Pages

Use food diary pages to track all of the foods that you eat and drink on a daily basis. You can design your own pages or download pages off of the Internet. There are different types of pages, but most allow you to record calories and the food items that you have consumed. There also are various pages that you can use to track your carbohydrates, proteins, fats, etc. These pages will help you to track more information depending on what you want to track with your weight gain. At the end of each day, you will want to total out the calories you have consumed each day and review your servings. Each day you will know if you are eating enough foods from each of the food groups and where you are getting the bulk of your calories.

You can find both [comprehensive](#) and [general](#) food diary pages depending on the amount of information you want to track.

The final page you will include in your food diary is a results page. This is where you will tabulate your calories and other goals for each week. It is also a good idea to write down notes for the week that will help you to maintain your diet tracking for the next week. You will be able to use this page to determine how many pounds you should have gained during the week as well and it will help you to determine whether or not you need to increase your calorie intake.

Be sure to include several copies of the pages for however long you are tracking your food diary. Once you have achieved your goals you can continue to use it or you can put it aside should you need it in the future. This is a great way to do a self-diagnostic check-up to make sure you are still on track to meet your weight gain goals.

Meal Frequency

When you're trying to gain weight, you need to eat five or six small meals per day or three large meals with a few snacks. Either way you're going to be able to provide yourself with enough calories to begin gaining weight. Separate your meals by three hours so that your stomach is able to digest each meal fully. If your goal is to consume 3300 calories per day, eat three larger meals of about 700 calories and three smaller meals of about 400 calories each. You should also eat a wide variety of fruits and vegetables. These are chock full of vitamins and minerals, particularly antioxidants, and will help you to begin gaining weight.

Calculating Your Caloric Needs for Weight Gain

There are several different formulas that you can utilize when you are trying to determine how much energy you expend. There are several incredibly analytical formulas that are difficult to use and they are not very reliable. This is mainly because you can't determine your metabolism on paper.

Your Basal Metabolic Rate, or BMR, is the amount of energy that your body needs to stay alive. Let's say you spent your life in a deep sleep. Your Basal Metabolic Rate is the amount of energy that your body would need to support your vital organs and bodily processes. It is possible to convert your basal metabolic rate into equivalent calories.

Your BMR is affected by your weight. The heavier you are and the more cells that are in your body, the higher your BMR will be. Men tend to have a higher BMR than women and your BMR decreases as you get older. The amount of fat and muscle in your body makes a difference as well.

To determine your BMR, you need to use a simple formula. The formula you use depends on whether or not you're a male or female.

Formula for Males is: $1 \times \text{Body Weight (kg)} \times 24$

Formula for Females is: $0.9 \times \text{Body Weight (kg)} \times 24$

Let's say you are a male and you weigh 140 pounds. Your formula would look like: $(1 \times 63.6 \times 24)$. This means your BMR is 1527 calories. This formula is not as accurate as the following one.

1. Determine your fat free mass in pounds. Suppose your body weight is 140 pounds and your body fat is 10%. You can determine your body fat by going to the gym and working with a personal trainer to get your body fat. You can also acquire a body fat measuring device and do this yourself. Your fat free mass would be $140 - 14 = 126$ pounds.
2. Convert your fat free mass into kg by dividing the figure in pounds by 2.2. $126 / 2.2 = 57.2$ kg.

3. Multiply your fat free mass by kg by 21.6 and then add 370. $1236 + 370 = 1605$ calories.

This is a fairly accurate estimate of how many calories your body needs to sustain itself. Now we need to account for your daily activity.

Activity Level	BMR x the Number in the Box Below
Sedentary activity	1.2
Light activity	1.375
Moderate activity	1.55
High activity	1.725
Extreme activity	1.9

Okay, so let's say you're a 140 pound male who exercises 5 times a week. That's pretty high activity so we multiply your BMR by 1.725. Your grand total calorie requirement is $1605 \times 1.725 = 2798$ calories. So, in order to maintain your 140 pound weight you will need to eat about 2800 calories. If you're trying to gain weight, then you need to add 300 to 500 calories to your diet. To gain weight you need to consume 3100 to 3300 calories every day. Remember, 3500 calories equals one pound and at this rate you should be able to gain about a pound per week.

The best way to determine how many calories you need to be eating to gain weight is to begin by reporting your calorie intake, weight and body fat percentage over about a four week period. At the end of the four weeks, if you've failed to gain any weight or lean muscle mass then you will want to add another 300 to 500 calories to your diet.

Your food log is a great place to do your basal metabolic rate and keep track of your statistics.

Chapter 3

Quick-N-Easy Recipes and Menus for Gaining Weight

The key to gaining weight is to be consistent and to eat larger than normal meals. You also need to choose healthy, high calorie foods as well as beverages. Always make time for three meals plus one or more snacks each day. Here we have included several sample menus and easy snacks that you can use to gain weight. These sample menus provide you with healthy, high calorie and carbohydrate rich meals and snacks. We have also broken these menus down into menus for at home and when you're eating on the run. Follow serving sizes on the food items for more precise calorie counts.

Eating at Home

<i>Breakfast</i>	<i>Approximate Calories</i>
1 Orange Juice	165
1 cup granola	500
¼ cup raisins	120
1 banana	130
2 cups 1% milk	200
Total	1115

<i>Lunch</i>	<i>Approximate Calories</i>
Pita pocket	240

1 can tuna	200
Lite Mayo	150
Tomato and lettuce/sprouts	50
Lentil soup	360
1 ½ cups apple juice	200
Total	1200

<i>Dinner</i>	<i>Approximate Calories</i>
3 cups spaghetti	600
1 cup spaghetti Sauce	300
1 pkg. frozen spinach or frozen mixed veggies	75
¼ cup Cheese (parmesan)	120
1 slice wheat bread	100
1% low fat milk	150
Total	1345

<i>Snack</i>	<i>Approximate Calories</i>
2 slices wheat bread	200
Peanut Butter	200
Jelly	150

1% low-fat milk	200
2 carrots	60
Total	810

The total amount of calories consumed following this diet for one day is 4470 calories.

Eating on the Run

<i>Breakfast</i>	<i>Approximate Calories</i>
2 big bagels	600
Lite cream cheese	260
1 cup low fat yogurt w/fruit	250
1 Orange juice	165
Total	1275

<i>Lunch</i>	<i>Approximate Calories</i>
1 Grilled Chicken Sandwich	330
Small French Fry	210
16 oz. chocolate shake	340
1 32 oz. Sprite	310
1 banana	130

Total	1200
<hr/>	
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<i>Dinner</i>	<i>Approximate Calories</i>
1 medium veggie pizza with cheese	1200
Salad Bar (Lettuce, green pepper, broccoli, carrots, tomato and garbanzo beans)	225
Italian salad dressing	100
Water	0
Total	1345
<hr/>	
<hr/>	
<i>Snack</i>	<i>Approximate Calories</i>
2 slices of wheat bread	200
Turkey breast	165
Tomato and lettuce/sprouts	50
1 apple	100
2% low fat milk	120
Total	635

By following this menu throughout the day, you would be able to consume approximately 4785 calories per day.

Healthy High-Fat Substitutions

<i>Use</i>	<i>Try to Avoid...</i>
Canola or olive oil in	Butter
Vegetables, meat and chicken	Cream sauces and cream salad dressings
Nuts and Seeds to add fat	
Can be added to cereals (hot and cold), vegetables, salads and oriental dishes.	
Real or Organic Peanut Butter	Butter
On bread, bagels and crackers	Cream Cheese
Tub Margarine	Stick butter, gravy or sour cream
Use on potatoes, vegetables and other items requiring butter.	
Low fat Cream Cheese	Regular cream cheese
On bagels, breads and in dishes calling for cream cheese.	
Serve with fruit instead of sugary toppings.	
Guacamole	Mayonnaise and sour cream
Add to Mexican dishes, salads and sandwiches	

Healthy High Carb and Protein Options

There are a number of different carbohydrate and protein additions you can add to your diet.

Here are just a few that are healthy and will help you gain weight.

- Use instant breakfast shakes or malt powder to flavor your low-fat or skim milk.
- Add dried fruit, sugar, honey and maple syrup to sweeten cereals instead of granulated sugar.
- Use jam or jelly on your breads for flavor.
- Add wheat germ or oat bran to items such as power shakes and oatmeal.
- Mix nonfat dry milk powder or soy protein powder into shakes, mashed potatoes, soups and other hot liquid dishes.

Fast Snacks

- **Dry Cereal:** Dry cereals with dried fruit add both carbs and fiber to your diet. Any healthy dry cereal is best such as Wheat Chex or Quaker Oatmeal Squares.
- **Pretzels:** These are naturally fat free. Salt free or reduced salt is best.
- **Sports bars, low fat granola bars and breakfast bars:** These are pre-wrapped and ready to go.
- **Crackers:** There are several low fat and fat free crackers available. These crackers also come in a variety of flavors such as wheat, sesame and rye. Cover with peanut butter or add slices of cheese to your crackers to increase your protein and calorie intake.
- **Bagels:** The bigger you can find bagels the better. The best bagels are going to be rye, pumpernickel, and whole wheat. Get bagels that have seeds for added nutrients and healthy fats. Cover with peanut butter, honey, jam, or low fat cream cheese on them to increase the calories.

- **Fruits:** Bananas, oranges, apples, grapes and other fresh fruits. Dried fruits are easy to pack and are full of healthy calories.
- **Nuts and Seeds:** Peanuts, almonds, pistachios, sunflower seeds, and other nuts are high in calories. They are also packed with protein, healthy monounsaturated fats, vitamin E and other vitamins and minerals.

Fast Breakfasts

Breakfast is often the hardest meal of the day to fit in. Many people skip breakfast all together, but it really is an important meal and it's the perfect time to squeeze in those extra calories you need to get in. Breakfast literally means "breaking the fast." You haven't eaten for several hours when you sleep at night. When you think about it, during the day you're eating about every three hours, but at night you're not eating anything for several hours. This means that you need to eat something within the first hour of waking to break your overnight fast. For many people, breakfast is a cup of coffee, but this is the last thing you need if you're trying to gain weight. Coffee is a diuretic and you simply want to avoid it when you're trying to gain weight.

If you're trying to gain weight, but you don't have much time for breakfast, try these easy ideas that you can eat on the go or quickly before you leave for work in the morning.

- Have the blender ready each morning and combine together 2 cups of fruit juice, 1 cup of fresh, frozen or canned fruit, 1 cup yogurt, ¼ cup wheat germ or oat bran for a high energy smoothie to get you going.
- Use honey, peanut butter, or jam on large bagels, muffins, whole wheat bread or toast, graham crackers or wheat crackers. Add a banana and some milk.
- Take some raisins, nuts, trail mix, or other dry cereal. Grab some fruit yogurt and a couple boxes or cans of fruit juice.

If you're in a rush, you can also go with some of these ideas:

- Heat up your healthy leftovers.

- Get a sandwich of peanut butter and honey, tuna, turkey or grilled cheese.
- Bake a potato in the microwave and cover with veggies, melted cheese and some chili.
- Make your own breakfast burritos.

Pre and Post-Workout Nutrition

Exercise is just as important as your diet, but you must also ensure that you are eating properly before and after working out to get the most out of your exercise and meals. Pre and post-workout nutrition ensures that you are supplying your body with the proper nutrients before and after you workout. If don't do this or if you forget to eat at all, then you will have that desire to lay on the couch even more after you workout at the gym. You don't want to succumb to this and you don't want to cheat yourself out of your muscle gaining.

While you only exercise to engage in resistance training for less than an hour, it is what you eat almost 90 minutes before and after your workout that can determine how effective your hard workout will be at moving you towards your weight gain goals.

You have a four hour window that lasts before your workout, during your workout and after your workout. This is the most important time in your program and you will be feeding your body for muscle growth when eat during this time period. You can significantly enhance your body building during this time and your body will be more receptive during this time period.

Pre-Workout Nutrition

Your pre-workout nutrition is the second most important meal of the day. The goal of your meal during this time period is to prepare your body for your exercise regimen. Your pre-workout meal should not be different from one of your normal meals, except that it should focus on your protein and complex carbohydrates. It is important that these two nutrients be present in your diet. The meal should be consumed about an hour prior to exercising and begins to allow your body time to digest and make the nutrients available to your body during exercise.

Your muscles need carbohydrates to replace your fuel sources and they need the protein to begin the rebuilding process of your muscles. The better nutrition you can provide them, the better work your muscles will be able to do. The sooner you are able to provide them with this fuel, the sooner they can get started and will allow your body to gain weight because your body is not depleting the fuel in your body during exercise.

Post-Workout Nutrition

After your workout, you need to replace drained fuel sources with carbs and protein as well. This will assist them in the rebuilding process of your muscles and will help them to begin rebuilding more quickly as well. The goal of your post-workout meal is to quickly and efficiently refuel your muscles and provide them with the raw nutrients they need to make themselves larger and stronger.

To gain weight and mass, you need a goal for your post-workout caloric intake. After a workout, you will want to consume about fifteen to twenty five percent of your total daily caloric goal. If your weight gaining diet calls for 3000 calories a day, then your meal should be about 450-750 calories. Your meal should include a mixture of quality carbohydrates and protein.

A good addition to your post-workout diet is a sports drink. This helps to replace your energy stores, replace lost nutrients and will create an insulin spike.

Providing your body with a quality protein source is the next thing on the post-workout nutrition agenda, and you should follow this first step as quickly as possible. A liquid source is great because the body is able to utilize the fluid much more quickly. There are several different weight gainers to assist you.

Studies have also shown that the sooner the body is able to receive these nutrients, the quicker the body will begin to build new muscle.

After your workout, you will want to consume this post-workout meal as soon as your body will allow it. This may vary from person to person, but you will generally want to eat it within ninety minutes after the workout and ideally within the first thirty minutes. The resulting muscle gains will be dramatically affected if you are able to replenish your body nutrients as fast as possible.

Your post-workout meal should include heavy carbs and proteins. Protein builds muscle, but do not forget that carbs are important as well. By providing your body with an insulin spike through a sports drink, carbs will help you provide your body with an excellent transport system for the nutrients to reach the muscle cells much more quickly. The insulin release and the sensitivity of the muscle cells is also the reason most recommend taking Creatine as well.

There is no other time that your muscles will be more receptive to nutrients than at this time. This is when you can often eat just about anything and not have to worry about what you eat turning into fat. Your muscle cells really want nutrition during this time and will suck up all the nutrients you can provide them and the fat cells will not be receptive.

Increasing Your Caloric Intake on Workout Days

Your diet can be very effective if you increase your caloric intake on the days that you workout.

Do not include your post-workout meal in your daily calorie counts. This means that you need to take in 15-25% more calories on your workout day than on your non-workout days. If you are exercising regularly, you should be hungry for the food you are consuming and it should not be very difficult to increase your caloric intake.

Chapter 4

Exercising to Gain Weight

If your goal is weight gain, you can't just sit around and eat a lot of food. Whether you're losing or gaining weight, you need to include exercise into your daily routine. However, if you're gaining weight, you're not necessarily going to want to hang out on the treadmill, you will want to spend more time with the dumbbells.

When you're gaining weight, you don't want to end up with a bunch of flabby fat. Instead, you want ripped and lean muscle. We've already talked about a healthy diet, but no matter what you eat, you will end up with fat instead of muscle. In order to gain muscle, you have to do strength training exercise.

Once you have your diet lined out and you know where you are going in terms of eating calories, you need to begin a strength training program. Go to a gym or purchase some dumbbells and resistance bands for home and begin learning how to build muscle in your arms, legs and torso. As you exercise, your appetite will pick up as well, so you shouldn't have any problem consuming the 300 to 500 extra calories that you need to. It takes approximately 15 extra grams of protein per day to build a pound of muscle in a week, and remember, muscle weighs more than fat.

It's Never Too Late to Build Muscle

Many individuals who are underweight are older. Older people tend to lose weight because they lose their muscle. As you age, you become more inactive. Many older people actually lose so much muscle that they are unable to perform their daily activities, which plays an even larger role in their weight loss. You may even begin having problems getting around your home, getting in and out of chairs and climbing stairs.

The older you are and the more inactive you are, the harder it gets for you to move your own body because you've lost so much muscle mass. When you're in this type of position, the last

thing you want to do is add the weight of fat to the body. Instead, you need to add muscle so that the body will be able to move itself again.

There are actually many individuals who are overweight, but are also losing muscle mass. These individuals have a difficult time getting around and they have to lug around twenty to forty extra pounds of weight, or more.

Once you are able to exercise regularly and gain muscle, your appetite will begin to increase as well. You will actually begin to eat more because you are hungrier. Most muscular individuals are able to eat and meet their body's calorie requirements naturally.

Rest is Important

It's important that you realize that rest is important when you're trying to build muscle. You don't have to lift weights five or six days a week to get a great physique. Actually, you must workout and take days off in between to give your body the opportunity to gain muscle.

This is often a hard concept for people to grasp, but it's actually on your days of rest that you are gaining the muscle, not while you're lifting the weights in the gym. What does this mean for you? You don't have to train, train and train. You actually have to rest just as much as you train. If you're in the gym all the time working out, when is your body going to have the opportunity it needs to build muscle?

More training does not necessarily equal muscle growth. The purpose of lifting weights and resistance training is to stimulate your muscles. This doesn't take much time. Once you have stimulated your muscle, you have to allow that muscle to rest and repair itself. As it repairs itself, you gain more muscle fibers and muscle is built. This only occurs when the muscle is at rest. Remember, you don't build muscle while you're in the gym; you build it while you're resting.

Now, because you're trying to gain weight, this rest is even more important. Individuals who are naturally thin, have more difficulty building muscle, so they really require less time in the gym and more time resting. If you are constantly stimulating your muscles, you actually begin to lose weight and this is the opposite of what you're trying to do. However, it is nice to know that

when you lift weights you burn the unnecessary fat in your body. So, not only are you gaining muscle, but you're keeping that unsightly fat off of your body.

Focus on Free Weights and Lift Weights that Challenge You

Free weights are actually preferred over weight machines. This is mainly because free weights allow you to stimulate certain muscle groups and supporting muscle groups in the body. When you use free weights you actually stimulate more muscles, which means you gain more muscle. Stimulating those muscles that stabilize and synergize help you to build muscle more quickly. You can build muscle on machines, but you can build even more with free weights.

Lifting weights that are challenging will help you to build more muscle mass. Building mass usually involves lifting heavier weights. This is because your muscle fibers that cause muscle growth are actually stimulated the most by lifting heavier weights. These muscle fibers are called Type II B fibers. A heavy weight is a weight that will cause your muscles to fail after only four to eight repetitions.

Using a lighter weight can also stimulate these muscle fibers but you have to do more reps. If you're having a hard time gaining weight, this will only make it more difficult on you. You want to stimulate as much muscle as possible and as quickly as possible. Do this with heavier weights.

Keep Workouts Short and Intense

Because your goal is to stimulate your muscles as fast as possible, you will want to keep your workouts short and intense. This does not mean doing a lot of exercise on each part of your body and working every "angle" of your muscles. Instead, work on spots of your body you want to improve.

For example, if you have no pectoral muscles, don't concern yourself with targeting every muscle in your chest, but your chest muscles as a whole. Do not do more than two or three exercises per body part. Doing more than this will not help you to build muscle any faster. In fact, you could lose muscle. This is because long sessions cause your catabolic hormones to

increase dramatically. The more they rise the more muscle loss you may experience. Long training sessions will also suppress the hormones that help you to build muscle.

You don't want to lose muscle during workouts; instead you want to gain muscle and weight, so you need to limit your workouts to no more than an hour. Do less if you can.

Don't Worry About Cardio

If you are trying to gain weight, you really don't need to worry about doing a lot of cardio exercise. Cardio is good to keep your heart in shape, so do it in moderation. If your goal is to gain weight, then you are actually interfering with your rest time when you do aerobic exercise. If you do more cardio than you do strength training, then you are working against your goal instead of for your goal.

Don't Jump Around to Different Regimens

No matter how many different workouts or exercises you read about or hear about, don't jump around and change what you're doing. Consistency is key in gaining weight. Even if you are becoming tired of the same old routine, stick to it. You have to follow through with a program in order to see results from it. Jumping around doesn't ever give your body time to make the necessary adjustments and to begin performing how you want it to. Don't drop what you are doing for the latest fad in the workout world.

Switching around to different programs never leads to a positive outcome. It takes time for any type of program to work and you have to follow through with one to see any results. There are many different training methods and workouts you can do, but jumping around to different ones will not allow you to be effective in your weight gaining goals. Pick one that is going to focus on the goal you are trying to meet and stick to it. There are plenty of times to try others, but don't do it before you see results from the one you are currently working on.

Rules for Working Out

There are a few rules you will want to follow when you're working out. Following these rules will help you to be more successful in your weight gaining goals.

1. **Don't listen to every piece of advice you hear or read.** There is a lot of information and advice that spreads around gyms and on message boards on the Internet. They often tell people they need to be working out more or that they need to be doing more reps. The fact of the matter is that this is not necessarily what you need to hear. A lot of the people you see in the gym are trying to lose weight or they are already large people trying to add on more bulk. You are not this type of person and your goals are unique – you are trying to *gain* weight. Many people who are big are just big; it's not about their training. They already have the physique they need to be big. These people can do whatever they want and they don't have to work at it as hard as you do.
2. **Workout Infrequently.** We have already discussed this quite extensively, but the bottom line is that you lift weights and workout to stimulate your muscles. Once they are stimulated, they need rest so that they can build and get larger. This only happens when you're resting. This is why you don't need to workout everyday of the week.
3. **Work on multi-jointed lifts.** Multi-jointed exercises will stimulate more muscle fibers and get you the best stimulation for your time in the gym. Isolation exercises only work on individual muscle groups. Multi-jointed exercises work on several groups of muscles and all at the same time. This is ideal if you're trying to gain weight because you are putting your muscles under the most amount of stress that you can. This extra stimulation will also stimulate your muscle building hormones and this will result in increased muscle gain all over your body.
4. **Focus on free weights.** We have also discussed this as well, but you will be able to put those different muscle groups under the most stress, which will result in the most stimulation.
5. **Focus on the eccentric portion of your exercises.** When you lift weights, the exercise can be divided into three periods. This is the positive, negative and the midpoint. The eccentric is the "negative" part of the exercise and is characterized by the resistance. If

you slow down this part of the exercise, you will get the most stimulation out of your exercise and this will result in more muscle growth.

Choosing a Personal Trainer

Having your own personal trainer can help you immensely. First and foremost, a trainer will make sure you are doing your exercises right and in a proper manner. If you don't know how to do exercises correctly, you can hurt yourself easily and set yourself back. A personal trainer can also help you to feel greater motivation, professional expertise and receive personalized attention.

Personal trainers vary greatly and in a variety of different areas. For one, educations differ both in background and costs. They also vary in personal philosophy on exercise and fitness as well as consulting practice and training regimens.

Before you hire a personal trainer from your gym or out of a directory, you will want to review all of the personal trainers in your area. This will help you to learn about their philosophies, education, credentials, rates and experiences. This way you will know if your personal trainer is qualified and will meet your hard earned money. Once you've narrowed down your list of trainers, you will want to talk with a trainer and explain your goals and objectives. Make sure the trainer understands your unique situation and that you want to actually gain weight. You will want to ask the trainer the following questions:

- **Why did you become a personal trainer?** Personal trainers should be passionate about their jobs. They should also want to share their expertise and knowledge with you and help you reach your goals.
- **Can they supply references?** Good trainers should have satisfied customers and they should put you in touch with them. Give two or three of their clients a call and ask them about the trainer. They should also tell you if they are informational, professional and dependable.
- **Do they keep up with current research?** The world of health and fitness is ever changing as more and more studies are performed and information is released to the

public. Personal trainers must keep up to date through a variety of ways including seminars, books and workshops. This will ensure they are providing you with the safest and most up to date information available.

- **Do they have liability insurance?** Personal trainers who are responsible will protect themselves and their clients from personal injury as well as property loss with insurance coverage.
- **Are they available on your workout days?** Personal trainers are supposed to provide you with personal instruction and motivation you need and when it is convenient for you.
- **Are they certified in First Aid or CPR?** All trainers must be properly trained for emergency situations.
- **What are their fees?** Personal trainers vary in their fees from \$20 to \$200 an hour. The personal trainer should fit within your budget. You should also ask if their rate includes the fee to use the facility.
- **What are their training and business policies?** It is always a good idea to ask if the trainer requires a contract, cancellation notice and if they have any extra fees or a specific billing procedure.

Once you have finished talking with the trainer there are several questions to ask yourself:

- Did they discuss your lifestyle?
- Does the trainer promote a program that includes strength training, cardio, nutrition and flexibility exercise?
- Am I comfortable with this trainer and their gender? If you're a woman, are you comfortable working with a man? If you're a man are you comfortable working with a woman?
- Will you get along with the trainer?

Following this advice should assist you in selecting the personal trainer for you.

Effective Ways to Measure Your Success

You can measure success in a number of different ways. For you specifically, it will most likely be the gaining of weight and the addition of muscle to your frame. It is important to measure your progress by your healthy habits as well as by your appearance. Long-term you should have a decrease in medical problems, health risks as well as injuries.

You can also measure your progress in both the short term and the medium term. These changes should be your increased ability to perform physical activity, your ability to eat more to gain weight and an increase in dietary fiber, minerals and vitamins in your diet.

If you've started to make slight changes in how your food is cooked and prepared and if you're reading labels on the foods you purchase at the grocery store then you will see that you are improving your lifestyle towards a healthier one. When you feel good about improving yourself then you'll know that you're on the right path to gaining weight the healthy way.

Weight Gaining for Women

Men aren't the only ones trying to gain weight. However, many women are ignored in their quest to gain weight. The world's obsession with people trying to lose weight often makes it difficult for a woman's voice to be heard, especially when she doesn't want to lose weight but gain it.

The good news is that there isn't much difference between weight gain for men and women. The same type of diet can be followed and the same exercise rules apply as well. A woman can follow the same information in this book to gain weight as a man can. In short, you have to increase your calories and do weight training to gain weight.

Women, however, often have some mental blocks involved in gaining weight. For one, they often fear that they will turn out looking like some female bodybuilder and they don't want all that bulky, masculine looking muscle. But, women don't necessarily gain weight like this. Most women gain lean muscle that keeps them looking toned instead of bulky.

Many women also do not realize that they actually want to gain muscle and not fat. They think that they just want to gain weight and they don't matter what form it is in. But, if you gain fat it will go where you don't want it to go, usually around the midsection. In thin people, it doesn't even lie around the midsection properly and therefore, you get strange looking fat on your body that makes you look like a stick figure with an inner tube around your body. Where your body lies fat is a genetic condition and if you don't have good genes for desirable curves, then your genetics will probably make you look odd anyhow.

Don't do what women trying to lose weight do. Most women are attracted to cardio workout in the form of a treadmill or elliptical. When you're trying to gain weight you have to go past the treadmill and head for the free weights. Learning how to effectively lift weights and perform strength training will assist you in gaining lean muscle and you will begin to gain weight.

Moving past these mental hurdles is difficult. If you can do this, then you will be able to gain weight and reach your goal.

Conclusion

In closing, here are five tips to assist you in gaining weight. If you can increase the quality of your diet, decrease your stress and begin working out with weights, you will be able to see significant improvements in your weight and the shape of your body.

Most people fail in their weight gain goals outside of the gym. They tend to lose focus on what they are doing and they fall back into their old habits. Here are five ways to help yourself out in reaching your goals:

1. **Relax more.** Yes, rest is incredibly important in weight gain. Stress is a serious health risk as well and increases in the body's production of cortisol, which does things to your body you don't want it to do, like gain fat. It also causes free-radical damage that actually eats away at the muscle you have been trying to gain.
2. **Reduce how much sugar you consume.** Eating less sugar is healthy all the way around. You don't need calories from sugar to gain weight and you want to eliminate it as much as possible.
3. **Eat more good fat and less bad fat.** Stay away from trans-fatty acids, as they deteriorate your health overall.
4. **Eat more protein.** Protein is essential in building muscle.
5. **Eat more unprocessed good calories.** Processed foods are bad for you all the way around. You can increase your calories by simply eating more good food. Don't eat junk food to increase your calories.

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