

# EAT TO WIN FOR ATHLETES

## TIPS TO GAIN MUSCLE AND WEIGHT



### FOCUS ON TARGETED WORKOUTS

- Do resistance training that targets the muscles you want to improve.
- Use heavier weights and lower reps.

### INCREASE CALORIES TO GAIN MUSCLE



The average 130-pound female should increase her daily calorie intake an extra **27 CALORIES** per pound of body weight and consume **3,510 CALORIES A DAY**.



The average 170-pound male should increase her daily calorie intake an extra **24 TO 27 CALORIES** per pound of body weight daily and consume **4,590 CALORIES A DAY**.

### WORKOUT RECOVERY

- Drink a shake/eat a snack that is 4 parts carbs and 1 part protein.
- Consume within 15 minutes
- Carry protein shakes/snacks with you.
- Avoid shakes/snacks with extra sugar.



### ADD EXTRA PROTEIN, CARBS AND SOME GOOD FATS

- Choose monounsaturated and omega 3 fats
- Opt for nut butters, salmon, avocado, olive oil
- Dip whole grain bread into olive oil to increase calorie intake.



### EAT CALORIE DENSE FOODS

- Steamed vegetables with olive oil
- Dried fruit
- Nuts and nut butters
- Lean meats (chicken, turkey) and fish
- Avoid saturated and trans fats