

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

BEST DIET TO GAIN WEIGHT AND MUSCLE FAST



You'll gain a noticeable amount of weight if you increase your daily calorie intake. However, you want to avoid eating too much or too much of the wrong foods or else you'll gain fat rather than muscle.

When you're trying to maximize muscle growth through training and eating, assume that you're going to gain some fat.

You should gain just as much muscle as fat.

Knowing what you should eat is the first step. Here are some of the **best foods you can eat to gain weight**:

- | | |
|-----------------------------|-------------------------------|
| ✓ Red meat | ✓ Whole-fat yogurt, milk, and |
| ✓ Chicken | cheese |
| ✓ Beans | ✓ Whole-grain pasta and bread |
| ✓ Eggs | ✓ Almonds, peanuts, almond |
| ✓ Rice | butter, and peanut butter |
| ✓ Coconut oil and olive oil | ✓ Bananas |
| | ✓ Potatoes and Sweet Potatoes |

EATING TIPS TO GAIN WEIGHT:

Now that you know what foods you can eat, you'll need to establish good eating habits. Stick to these tips and tricks to learn how to properly pack on healthy weight.

1

Avoid binging and "cheat days." These binges will pack on fat and cause significant jumps in your body fat levels. A couple of cheat days per month can nearly double your fat gain, which is counterproductive.

2

Eat high-calorie and high-fat foods that are not very filling. Foods that are less filling help you eat more calories, so you'll have plenty of room in your stomach for other meals.

3

Drink healthy high-calorie beverages to grow your daily calorie intake. Add milk, fruit juice, and rice milk to your regimen. For example, a cup of orange juice contains 100 calories.

WHAT ELSE MATTERS?

There are other factors that can make your weight gain goals more likely to happen. These factors include:

- ✓ Calorie density
- ✓ Macronutrient breakdown
- ✓ How filling foods are (known as satiety)

In addition to eating, you need to workout and train properly to gain weight. Emphasize heavy compound weightlifting and get plenty of rest for recovery. High repetition, high volume, and high-frequency workouts are NOT effective.

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