



Make an effort to consume breakfast, lunch, dinner and two snacks each day. This does not include your post workout recovery shake. If this pattern is not followed consistently each day, you may find it to be incredibly difficult to consume enough calories to support your sport's training demands. The end result? A few slow process of weight gain.

### Don't Skip Meals



A snack should be at least 200 calories and contain some form of protein or fat for blood sugar stabilization. For example, a medium apple is roughly 95 calories and consists almost entirely of carbohydrate. Dip that apple in 1.5 TBSP of nut butter and that 95 calorie snack is now 240 calories with added protein and healthy fat. Love crackers? Try incorporating 2 TBSP of guacamole or 2 TBSP hummus for an additional calorie boost that also packs in the nutrition.

### Choose Your Snacks Wisely



The 30-60 minutes immediately post workout is one of the most critical times of the day to fuel, especially when your focus is to gain or maintain lean mass. Consuming a recovery shake after a workout or competition is essential for the proper rebuilding and repairing of muscle as well as energy maintenance. You work so hard each day. Why throw it all away by skipping your post-workout recovery shake?

### Practice Proper Recovery

# Gain Weight Like a Champion



Pay close attention to the way that you feel during a meal when you drink a beverage at the same time, or immediately before. Do you find that it makes you full to the point where you cannot finish your meal? Perhaps you notice that you become full much more quickly? If this sounds familiar, save hydration for snack time and after meals, not during. You may find that this practice allows you to achieve your daily calorie goal much easier.

### Hydrate After Meals, Not During



Two slices of deluxe pizza can be the same amount of calories as a piece of grilled chicken, a side of broccoli drizzled in olive oil and brown rice. The difference is that one is premium fuel that will promote lean muscle mass and leave you feeling energized, while the other may be significantly more difficult to digest as it is filled with processed ingredients. Sure, you can gain weight eating foods like pizza and fast food but you may not be pleased with your body fat percentage or athletic performance when all is said and done.

### Avoid Processed Foods & Added Sugar



Now, you have the info you need to get started. However, if you are not consistent with these 5 goals, you will not achieve the weight gain you desire. You don't give 20% effort at practice do you? No! So why would you eat well for a few days a week then fall down the slope of processed food and meal skipping for the remainder? Try setting a timer on your phone each day to remind you to eat every 2-4 hours which will include your meals, snacks and recovery shake.

### Stay Consistent