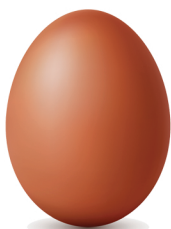


Food for Muscle Gain

lean beef



eggs



whole grains



whey protein



fruits and veggies



oatmeal

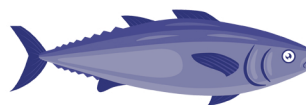


healthy fats



skinless chicken

cottage cheese



tuna and other fish

TOP 10
FOODS
TO GAIN
MUSCLES
MASS



GastroDoxs
defenders of the digestive system