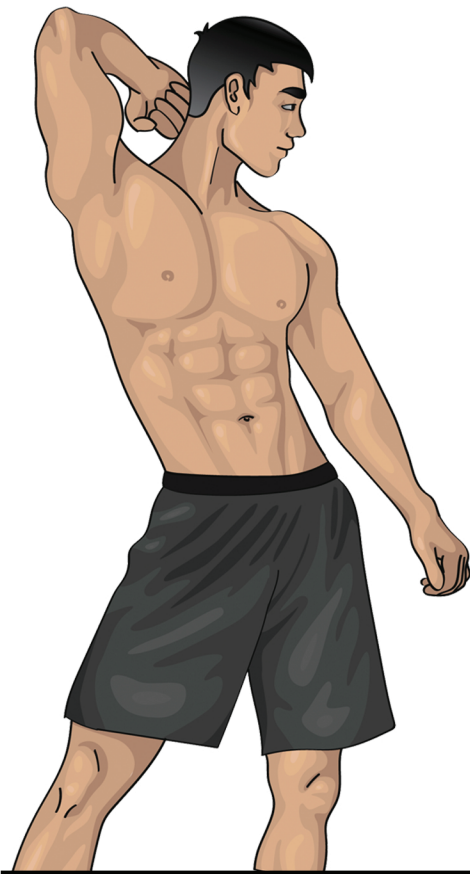


# Nutrition for Muscle

## Nutrition Considerations for Muscle Gain



Order of Importance ↑

### Caloric Surplus

#### Protein

(4kcal per gram)



1.2 – 2.0g/kg BW.

MPS stimulation tops out at

0.24-0.49g/kg per meal.

Too much may cause increased satiety.

#### Fats

(9kcal per gram)



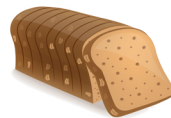
15-35% of total calories.

Assess personal preferences.

Fat intake may increase palatability of meals.

#### Carbs

(4kcal per gram)



Remaining amount of total calories.

Focus carbohydrates around workouts for maximum performance.

Desired Weight Gain per Month	Increase in Caloric Intake	Best For
0.5%	2-5%	Advanced lifters
1.0%	5-7%	Intermediate lifters
1.5%	5-15%	Beginner/leaner lifters



GastroDoxs  
defenders of the digestive system