

HARDGAINER WISDOM

Presents

HARDGAINER NUTRITION

**Written by
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Hardgainer Nutrition

1st Edition

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Introduction

You're welcome to read and apply the information that this book provides. But, as you read, keep in mind that it was written primarily for a specific type of individual that is usually referred to as a "hardgainer." A hardgainer is a person who finds it hard to gain weight or muscle mass.

In other words, this eBook is NOT primarily for:

- People who are looking to lose weight
- People who can gain weight or muscle mass easily

That leaves us with the skinny guys, the "hardgainers"...; the folks who claim that they can eat the entire universe and not gain any weight. If you think you are a hardgainer, I can feel your pain. The whole universe is blabbing about how to lose weight and look lean, but they hardly mention anything about how to put on muscle mass.

Even when you do read something that relates to putting on mass you usually see titles like "How to get big and lose fat at the same time." While there is nothing wrong with this idea, a "hardgainer" who has close to 0% body fat doesn't give a rat's ass about losing fat. He doesn't have much of it to start with.

If you are skinny and aren't happy about it, you can change it. This book was written to help you make that change. If you are the type of skinny I'm talking about you probably have a six pack, small wrists, pencils for legs, your shoulder blades are sticking out, you are underweight, you are weak, and have never been fat a single day in your life.

I'm not going to criticize you and say you haven't been eating enough or training correctly and therefore haven't gained mass as a result. Perhaps you did the best you could with the information you know. So Instead I'm going to ask you to challenge the opinion that you are a "hardgainer" and seek the truth by applying what I'm going to share with you; what has worked for me and many other people who struggled to put on weight and muscle mass.

I decided to write about the nutritional aspect of gaining mass because I believe that it is imperative. Without proper nutrition you won't go anywhere. In fact you might as well quit lifting weights because you'd just frustrate yourself. Lifting weights without proper nutrition expecting to gain mass is like only drinking imaginary water believing that you will continue to survive.

Nutrition is everything.

The Price

What most people don't tell you is that it is financially expensive to put on quality mass. You need money; money for food, gym fees (or equipment), gym gear and a few supplements. You need the wealth to support your health.

I won't tell you how to make money, but I will tell you that you need it if you don't already have it. Because, frankly, you'll be eating more than the average person does, and food prices are desperately trying to move up their scale just as much as you want to move up your weight scale.

The reason why I struggled for many years to achieve the results that I wanted was because on top of gym fees and other expenses, I could not afford the amount of food that I needed to eat in order to grow. I didn't see it as a problem either. I thought the problem was with my genes or "something." As a student, I had better things to spend my money on. But back then I didn't realize how important nutrition is.

If you are currently short on money, do something about it. Do whatever you have to do to achieve something that will make you happy. Limited money has never prevented anyone who truly and deeply wanted to achieve something.

If it's your gym fees that are too high, then do something about it; switch to a cheaper gym, use your medical aid, find a person with a decent home gym, making your own home gym or use a school or college gym if you are studying. Just do something, anything.

Other than money, you need to be fully committed and consistent. You need to realize that there is no quick fix for your problem. You need to realize that it will take time and effort.

If you want to gain weight and keep it, then you have to keep applying the principles that will help you gain weight... every day! There is nothing you can do once off and then get the results you want. Success depends on how well you make the principles that will help you succeed a part of your life, how well you create habits that are geared towards success, and whether or not you believe that you can succeed. There is no room for making excuses.

The responsibility is on you and nobody else. The best that I or any other person can do is help you help yourself. But ultimately, you are the one who will have to pay the price and reap the benefits. It may be challenging at first, and you should expect that. The beginning is always the hardest. That should be reason enough for you not to give up.

If you're willing to pay the price, please do read on...

Calories

The food you eat is the difference between being skinny and being big. It is the most important thing and it is what you will owe most of your success to. To gain weight, you need to eat more calories than you burn. A calorie is a unit that measures how much energy a particular food provides to the body.

To maintain your current weight, you eat a certain amount of calories a day. Muscles can only grow when you exceed that maintenance level; when there's an excess of calories. If you don't provide the extra calories that the body needs to build muscle then all that will occur is that your body will maintain its existing muscle mass.

Therefore, the number of calories you burn needs to be lower than the amount of calories you consume in a day. The number of calories someone burns in a day is mainly affected by 2 things:

1. A person's basal metabolic rate (BMR)
2. How much that person exercises (exercise frequency)

Basal Metabolic Rate

Basal metabolic rate (BMR) is a measure of the rate at which your body burns calories when you are resting, to maintain bodily function such as breathing, sleeping, pumping blood and basically sustaining life. To some scope, you inherited your BMR. The BMR plays the biggest role in your inability to gain weight; according to the grapevine it can be responsible for burning up to 70% of the total calories burnt in a day.

If your BMR is fast, you burn calories very fast while at rest, making it harder for you to put on weight compared to the average person. Our bodies are not the same, our BMRs don't operate at the same speed, and that's why others gain weight easily and others struggle. It is very difficult (more like impossible) to accurately calculate your basal metabolic rate, I don't even bother trying. BMR calculators that are out there are based on average rates for average people. Not everyone is average. Therefore I think that trial and error is the best option, although BMR calculators can be used as a guideline, as to the amount of calories you should exceed. If you are not gaining weight eating a certain number of calories a day, then eat more until you start gaining. Once you start gaining then it means that you are eating more calories than you are burning and are in a position to build muscle through strength training.

Besides your genes, your BMR is also affected by many other things. Such as body composition; the more muscle mass you have, the more calories you will burn - that's because muscle is one of the most metabolically-active tissues in the body.

If you lose muscle through over-training or starving yourself, your BMR will slow down. And if you gain muscle, your BMR will increase and help you stay lean by burning excess body fat. Men have a higher BMR than women because they usually have more muscle mass and lower body fat percentages when compared to women. Women naturally carry more body fat than men as they have breasts, hips and all that good stuff which comprise of a lot of fat. Currently, I don't know of any way of decreasing your BMR (except aging and losing muscle – which we don't want).

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Exercise Frequency

Both aerobic exercise and strength training cause a lot of alterations in the body which collectively cause the body to burn calories, and the more you exercise the more calories you will burn. In this case, exercise is anytime you move. Whether you are gardening or playing a video game, you burn calories. Strength training also elevates your basal metabolic rate; in other words, you continue burning calories even after you've finished strength training and are resting.

Nutrients

We cannot talk about nutrition and not talk about nutrients. Most nutritionists describe nutrients as substances that provide nourishment essential for growth and the maintenance of life. Nutrients generally fit into two categories; **micronutrients** and **macronutrients**. They are both needed by the body to survive.

Micronutrients are **vitamins and minerals** required in small quantities and contain no calories. Macronutrients, on the other hand, are required in large quantities and are the ones that provide calories. They essentially come in 4 types:

1. **Protein** helps your body grow and repair itself; without it you cannot build or maintain muscle. A gram of protein has 4 calories.
2. **Carbohydrates** (carbs) give you energy and are the main source of energy for your body. They should comprise most of our daily food intake. You get complex (starches), simple (sugars) and fibrous (veggies) carbohydrates. A gram of carbohydrates has 4 calories.

Complex carbs – take long to digest, making you feel fuller for longer.

Simple carbs – are quickly absorbed by the body, making you hungry soon after eating them.

Fibrous carbs - don't pack on many calories, but they do pack on many of the micronutrients, vitamins and minerals, that aid in building your body.

Carbohydrates contain **fiber**, which is the piece of the plant material that the body cannot digest and absorb. It slows down the absorption of the carbohydrates so you feel fuller for longer. Your food gets digested in a smooth manner.

3. **Fats** also give you energy and help in building your body. They help regulate metabolism, increase testosterone levels (the main muscle-building hormone) which help your muscles grow, preserve nitrogen which keeps the body in a muscle building (anabolic) state, and cushions the vital organs. A gram of fat has 9 calories. Fats can be divided into 3 types: **saturated, mono-unsaturated** and **poly-unsaturated**.
4. **Water** is needed in large quantities and is therefore a macronutrient. Even though I mentioned it last, it is the most important nutrient. A large percentage of your body is made up of water. Water doesn't have any calories, but it is more important than the food you eat. The benefits of water are endless.

I believe that if you eat a reasonable amount of quality macronutrients everyday you will have probably automatically dealt with all of your micronutrient needs. After all, they all lie in the food you eat, although a good multivitamin can be of great help.

What, How Much and When to Eat

****VERY IMPORTANT***

If you often don't feel like eating, visit your doctor and get tested to see if there are any underlying conditions that are messing with your appetite.

If I was asked what, how much and when a "hardgainer" should eat to gain mass and I had 3 seconds to answer, I would say, "You need to eat too much food, all the time." That sums it up perfectly. If you haven't reached your desired weight, that's the creed you should live by.

Protein

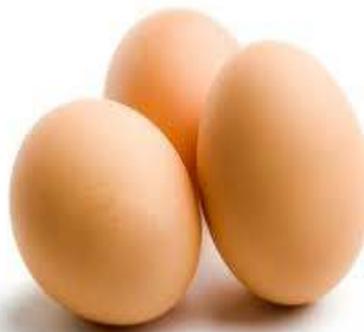
What: The best protein is found in animal foods; chicken, eggs, turkey, fish, beef, buffalo, milk, cottage cheese. Whey protein is also a good source, but it's not from animals. If you are a vegetarian you might want to try beans, lentils, legumes, soy, soy milk, soy nuts, quinoa, peanut butter, tofu and protein supplements.

How much: To build muscle, different research suggests you take in anything between 0.5 to 2 grams of protein per pound of bodyweight each day. Now that is a pretty large range. I've experimented with the numbers in that range. I once tried eating 0.5g per pound but it was always too little; I'd surpass it quite easily. In the end I found that 1 gram of protein per pound of bodyweight worked just fine for me.

When: Eat protein with every meal. Calculate your daily protein needs (bodyweight in pounds x1) and divide them evenly across all your meals. After a workout you should try to eat a fast digesting protein source like whey protein.



Chicken



Eggs



Beef

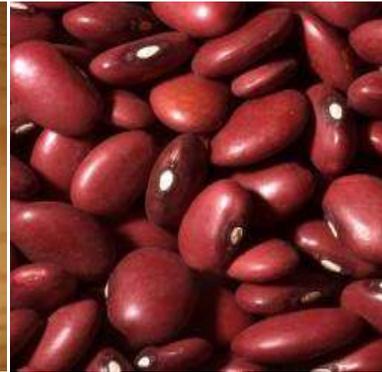
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Milk



Whey



Beans

Complex Carbohydrates

What: Rice, potatoes, sweet potatoes, bread, oats, pasta, and many other sources.

How much: You should consume large quantities of carbohydrates to give your fast metabolism something to burn. If you eat too little carbohydrates, your metabolism will easily burn all of them and might start using your protein and body tissue for energy. If that happens, you will shrink and lose weight. Eat as many complex carbohydrates as you can manage, only reduce the complex carbohydrates you eat when you notice that you are indeed becoming a fatty, which is very unlikely for a "hardgainer". If you get fat easily, maybe you are not a "hardgainer" after all. When you've reached your desired body weight you can start adjusting your carbohydrate calories to determine the amount you need to maintain your weight.

When: You need a constant supply of complex carbohydrates all day. Ideally you should eat them with every meal, but at certain times it is more beneficial to eat simple carbohydrates or sugars (as I will explain below).



Oats

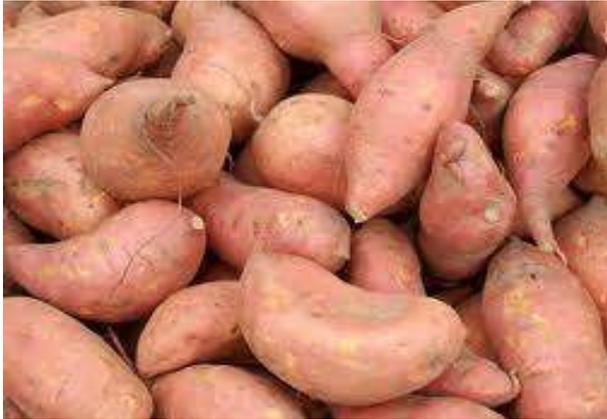


Potatoes



Rice

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Sweet Potatoes



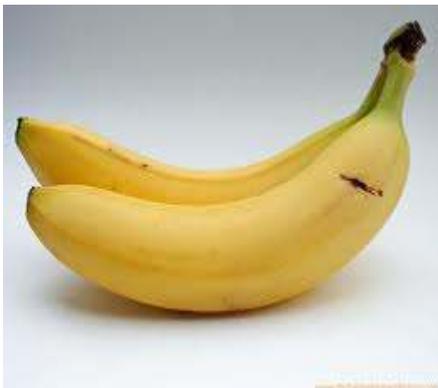
Pasta

Simple Carbohydrates

What: For sugars I find it best to take dextrose (a form of glucose) and maltodextrin (a short-chain starch sugar), both which you can find at your local supplement store, as they are cheap and effective. Other than that, bananas, apples, honey, grapefruit, oranges, jam, berries, kiwi and many other simple carbohydrates will do the job. Technically, maltodextrin is not a simple carbohydrate, but it has some qualities of simple sugars and it works, plus I like it. So it stays.

How much: You need anything between 0.25 to 0.5 grams of simple carbs per pound of bodyweight at the times when you need large amounts of them (see below).

When: It is best to eat simple carbohydrates (sugars) at certain times; after a workout and immediately after waking up. This is because after a workout or after sleeping for many hours without a supply of food the protein in your muscles is breaking down. Eating sugars at these times makes your body produce insulin, a hormone that transports nutrients from the blood into the muscle cells which helps your body start the recovery process. With that being said, you will not die if you eat sugars at other times of the day. In fact, you will do just fine. Sugars are just not the **best** option at other times. Eating simple carbs all day instead of complex carbs would be similar to choosing a sprinter to do a long distance race instead of a marathoner. Also, there isn't a nutrient that you can completely avoid eating throughout the day; you may try to avoid sugars but you will eventually come across them when you eat. For example, you might try to avoid sugars by not eating fruit, but you will come across it when you drink milk for protein. So the goal is not to never eat sugars at other times, but rather to not eat it in large quantities.



Banana



Dextrose



Orange

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Maltodextrin



Apples

Fibrous Carbohydrates

What: Broccoli, cabbage, cucumber, green beans, mushrooms, pumpkin, spinach, lettuce, cauliflower and many others. It's always a good idea to eat a variety of vegetables, with different colours.

How much: Eat at least two cups a day, but you can never eat too much of them. I have no limit when it comes to vegetables. Pick the ones that you like, the ones that taste good to you and make salads and eat them with your meals.

When: Whenever possible.



Green beans



Butternut



cucumber



Broccoli



Mushrooms

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Lettuce



Onion

Fats

What:

Saturated – eggs, full cream milk, coconut, butter, meat and many others.

Mono-unsaturated – avocado, olive oil, canola oil, nuts (almonds, peanuts, hazelnuts, pecans) and many others.

Poly-unsaturated – Flaxseed oil, safflower oil, corn oil, fish oil, salmon, tuna, soybean oil and many others.

How much: I really love fats. I love them because they can pack a punch. 1 gram of fat has 9 calories, whereas 1 gram of protein or carbohydrates has only 4 calories. So they can really bring in the numbers when you need to meet your calorie needs. Fat is where it's at. Most health experts suggest that fat should make up no higher than 30% of your calorie intake. Since I don't measure my total calorie intake (I don't calculate complex carbs), I take 0.5 grams of fat per pound of bodyweight. When I estimate the percentage of fat I eat relative to my total calories, it does land around the 30% mark.

You should know about the 1/3 rule; It basically says that 1/3 of your fat should be saturated, 1/3 should be polyunsaturated and 1/3 should be monounsaturated. So you will take 0.5 grams of fat per your bodyweight and make sure that 1/3 is saturated, 1/3 is polyunsaturated and 1/3 is monounsaturated. This can be difficult to do, so you might have to estimate.

When: Eat fat with every meal if possible. This advice goes against the common belief that fat should not be eaten after a workout. But saturated fat helps spike insulin, which is an important process for muscle growth after a workout.



Almonds



Avocado

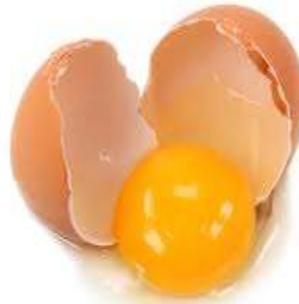


Olive Oil

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Butter



Egg Yolk

Water

Drink plenty of water during the day and during your workouts. I recommend at least 3 litres a day, and that is not counting the amount you drink while working out. Keep your muscles well hydrated; you'll have better workouts. Drink water even when you are not thirsty. Thirst is a sign that you are already dehydrated.



At the End of It All

What: Eat whole foods; try to avoid overly-processed junk, hydrogenated, fast food. The more natural and whole the food is, the better it is for you. Drink plenty of water.

How much:

- 1 grams of **protein** per pound of bodyweight. Divided throughout all your meals.
- As many **complex carbohydrates** as you can handle at every meal, until you've reached your desired weight.
- 0.25 – 0.5 grams of **sugars** per pound of bodyweight after a workout and immediately after waking up along with some fast digesting protein.
- Eat plenty of **vegetables** to get fiber and important vitamins and minerals.
- 0.5 grams of **fat** per pound of bodyweight per day; a balance of all 3 types.
- Eat at least **5 or more meals** a day.

When: Immediately after waking up and every 2-3 hours when awake. Eat a meal 30-45 minutes before a workout and within an hour after a workout.

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Sample Meal Plan

Morning Shake [05:00]

25g dextrose (sugar)
25g maltodextrin (sugar)
20g whey protein
1 tablespoon extra-virgin olive oil

Meal 1 [06:00]

3 eggs
Few strips of bacon
3 whole-wheat bread slices
1 cup of full cream milk
Multivitamin

Meal 2 [08:15]

0.75 cup white rice
Chicken or beef
1 cup of mixed vegetables
1/2 avocado

Workout [09:00]

Post-Workout Shake [10:00]

20g whey protein
25g dextrose (sugar)
25g maltodextrin (sugar)

or

Meal 3 [10:00] (rest day)

4 large potatoes (melt butter over them)
Chicken or tuna
Butternut & peas

Meal 3 [12:00]

4 whole-wheat bread slices
2 tablespoons peanut butter
Fruit juice

Meal 4 [14:00]

1-2 cups of milk
1.5 cups oats

Meal 5 [16:00]

3 eggs
3 whole-wheat buttered bread slices

Meal 6 [18:00]

Any meal or food item of your choice

Meal 7 [20:00]

White rice or brown rice or bowl of Pasta or mashed potatoes
Chicken or fish or beans
Butternut & Peas
1 cup of full cream milk
Flaxseed oil capsule

Here's a sample meal plan to give you an idea on how to put together your meals and how to space them out throughout the day. The ultimate meal plan does not exist. You eat what works for you.

Preparing Your Food

You might ask yourself how you'd manage to put together and eat 5-9 meals in one day, every day. Maybe currently you aren't even eating half the number of those meals. Or maybe you have been trying to eat 5 plus meals per day, but you just always seem to slip up and find yourself eating only 3 or fewer meals. Usually the problem is not being unable to eat that much food (you have great potential), but the problem is usually failing to eat because you were too busy (lazy) to prepare the food.

The key to being able to successfully consume all the amount of food you are supposed to consume daily, is planning ahead and never falling behind. It's just like being in school; a student shouldn't start thinking about an upcoming test a day or two before the test date, if he wants to maximize his results. The same applies to acquiring muscle mass; you can't always start worrying about what you are going to eat 30 minutes before meal time. Because you won't always have the time to prepare food 7 times a day, 49 times in a week. You'd burn yourself out and give up.

Plus, you may be working a 9-5 job or in school, which would make matters worse because your kitchen is so far away from you. So you **HAVE TO** plan ahead. That means putting some time aside just for cooking and preparing your meals in bulk. It means having a plan.

Step 1: Always Have Food

Before any food can be prepared, you have to make sure that you actually have food to prepare. Eating something you did not plan to eat because the eggs you were supposed to eat are not in the refrigerator but still at the grocery store is an amateur mistake. So draw up a meal plan and a food shopping list and plan out a specific day when you'll go and buy your food. I buy my food every Sunday, sometimes every second Sunday, you don't have to do like I do but you have to buy it before you run out of it. Always have food available.

I recommend buying your food in bulk so that you don't have to but it often and you'll also save money that way. The only foods you shouldn't buy in bulk are those that expire too soon. You don't want to buy food and end up throwing it out; wasting your money.

Your food list should not only have the food you have to buy, but the prices as well; especially if you are on a tight budget. Be a knowledgeable shopper. Know your prices, compare prices and get the best value for your money.

Step 2: Cook in Large Quantities

Most people wake up every morning and prepare the whole day's food. I also did that at some point, but I just couldn't keep it up. Therefore I missed a lot of meals as a result.

What works for me is to cook in large quantities once or twice a week. I take just over an hour to prepare some of the week's meals. I usually steam or boil everything because I'm a busy (lazy) bastard. Then I dish the food onto food containers (about 14 of them) and

Food list example:

- Eggs
- Whole-wheat bread
- Chicken fillets
- Brown rice
- White rice
- Potatoes
- Full cream milk
- Oats
- Butter
- Peanut butter
- Butternut
- Peas
- Avocado
- Multivitamin
- Flaxseed oil
- Whey protein
- Dextrose
- Maltodextrin

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refrigerate them once the food has cooled. And just like that, I have ready to go quality meals. The other meals, like breakfast, are quick and easy to prepare.

You may have great self-discipline and prefer to prepare your food every evening, or whenever else you like. The important thing is that, at the end of it all, you must prepare it. It goes a long way.

Your lifestyle should dictate when you should prepare your food. A guy who works from home will be different compared to someone who is always on the road. The guy who's always at home may prefer to cook his oats, but the guy on the road may prefer to put it in a shaker and drink it raw with milk or water and whey protein. You have to find a formula that works for you and your lifestyle.

Step 3: Set Reminders



The next step is to make sure that you actually do eat the food. This may sound obvious but often people get caught up in other things and forget to eat; especially people who are new to eating often.

You may be having a good time with friends and only find out later that time just flew past you. So to avoid missing meals or eating later than planned I recommend you set a reminder for every meal on your cell phone. My phone alerts me every two hours that I have to eat; 15 minutes before each meal time. So I just get the alert and take out my food or prepare it quickly. You may also set reminders for when it's time to do some cooking or shopping.

I believe that the reason why most people don't grow is not because they don't train with enough intensity or because they don't know what and how much to eat, but it's because of those meals that they keep missing. They wake up in a rush and forget breakfast, manage to get the next two meals, but are too lazy to prepare meal 4, so they let it slide... and so on. Or they have a late night and not eat extra meals for those extra hours that they spend staying up, and then they wake up late and eat meal 1 when they should be eating meal 3.

It's those little gaps that come back and haunt you. When a person sits down and counts, he finds that he only ate 24 out of the 36 meals in a week. And then he complains and says he's not growing. Not having a plan and not being consistent will set you back.

If you miss a meal for some reason, make up for it by consuming calories in liquid form with your next meal. Most people can still drink after they are full. You could make up by drinking an appropriate amount of full cream milk or a weight gainer. That way you supplement your food. Liquid calories can be a real benefit, but it's important not to make them the basis of your nutrition. You need to eat solid food; you are not a baby anymore.

Conclusion

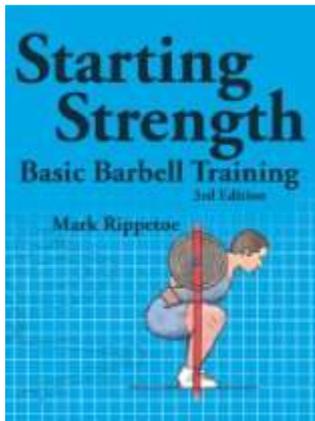
When you've taken care of your nutrition, most of the work has been done. All that's left is for you to exercise smartly, recover and grow.

As I mention at the beginning, you will need to be committed and consistent. It will not be a breeze, on some days you won't feel like eating or going to the gym. But you have to push through and expand your comfort zone, create some good eating habits by putting your knowledge to work and reap the benefits.

I wish you all the best. Please let me know about your progress.

Recommended Resources:

- **Starting Strength, 3rd Edition**

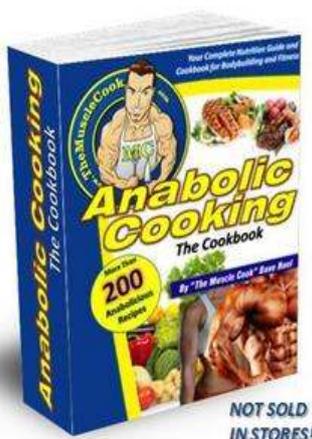


Starting Strength has been called the best and most useful of fitness books. The second edition, has sold over 80,000 copies in a competitive global market for fitness education. This is a simple, logical, and practical approach to strength training.

The 3rd edition expands and improves on the previous teaching methods and bio-mechanical analysis. No other book on barbell training ever written provides the detailed instruction on every aspect of the basic barbell exercises found in *Starting Strength*. Get the book by clicking the link below:

<http://www.hardgainerwisdom.com/starting-strength.html>

- **Anabolic Cooking Cookbook**



To have an impressive body, you need to eat healthy food. But often healthy food doesn't taste that great. Anabolic Cooking is the cookbook that will teach you how to make your own mouth-watering meals that will once and for all give you the opportunity to get the results and the body you deserve. If your food tastes like cardboard, chances of you staying motivated are very slim.

This cookbook has over 200 easy-to-prepare meals for building mass. Get the cookbook by clicking the link below:

<http://www.hardgainerwisdom.com/anabolic-cooking.html>

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Thank you.