

STRUGGLING WITH HUNGER WHILE
BULKING:
**9 TACTICS TO FEEL FULLER FOR
LONGER**

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If you are struggling with hunger, even while bulking, the solution isn't always to eat more food. This is especially true if you've been in a fat loss phase recently and now started a bulking phase.

Why?

Your appetite is going to go up while losing fat and your body is going to need some time to get back to normal once you've raised your calories up.

And if you listen to your hunger even though you know you're eating enough as it is, then you'll likely gain extra fat that you'll need to make time to lose later.

Without further ado, here are the tactics:



1. DO INTERMITTENT FASTING

This is by far the best tip I can give to anyone trying to control their hunger.

In short, intermittent fasting is a simple eating schedule. You have a dedicated eating window that lasts 4-8 hours. For the remaining 16-20 hours, food is off limits.

This allows you to have fewer, bigger and more satisfying meals and to have dedicated breaks from eating or thinking about food.

I find it much easier to stick with some hunger when I'm fasted compared to after having my first meal of the day.

I eat from 12 PM to 8 PM and spend the next 16 hours fasting. Once I wake up, I have one or two black coffees to blunt my appetite until lunchtime.



2. EAT MORE FRUITS AND VEGETABLES

Fruits and veggies are a blessing. Not only are they full of vitamins, minerals, and fiber, but they're also very low in calories and high in volume.

A big bowl of mixed greens can be as little as 150 calories but it could fill you up for a few hours until dinner time.

Feeling hungry in the late afternoon? Grab an apple. You'll find that it can blunt your appetite for an hour or two just fine.



3. EAT MORE WHOLE FOODS

Whole foods generally digest slowly and have more volume. For example, potatoes are a source of starchy carbohydrates and digest slowly.

This means that they make you feel full for longer and provide a steady stream of energy, rather than a sudden spike and crash that most fast-digesting carbs provide.

Meats, fish, dairy products, eggs, and nuts are a great source of protein and healthy fats. They also digest at a slower rate and help you feel full for longer.

Vegetables and fruits are high in volume and low in calories. They fill your stomach and make you feel full even though their calorie content is very low.



4. EAT MORE PROTEIN

Protein is a very important macronutrient. It helps you build muscle and maintain it during a caloric deficit. But, protein also helps with satiety.

During a bulking phase, eating more than 0.8 grams of protein per pound of body weight likely won't have a muscle-building benefit. But, eating as much as 1.2g/lb of body weight can blunt your hunger throughout the day.



5. DRINK COFFEE AND GREEN TEA

Coffee and green tea are excellent tools to use, especially in combination with intermittent fasting.

Both are natural appetite suppressants and having a cup or two in the morning can help keep the hunger away until noon.



6. DRINK PLENTY OF WATER

Water provides many health benefits and one of them is appetite blunting. Drink it throughout the day and before each meal.

The recommended amount is 0.6 ounces of water per pound of weight daily. Also, drink water before meals.



7. KEEP YOURSELF OCCUPIED

I often find myself thinking about food when I'm not occupied. When I'm not at work and not doing anything, I try to keep myself occupied.

Feeling bored can make us think about food and doing so often leads to overeating and poor adherence to your calorie goals.

The next time you find yourself feeling bored and hungry, find something to do. Chances are, once you occupy your mind, the hunger will go away.



8. EAT SLOWLY

This is more of a psychological trick, but it has a lot to do with how satiety works.

You see, after consuming food, it takes some time before you feel satiated (some research suggests around 20 minutes). And if you eat food in a rush, you can overeat before you start feeling full.



9. SLEEP ENOUGH EVERY NIGHT

Sleep is an imperative part of being human. Sleep regulates many processes and improves our energy levels, focus, physical endurance, and more.

Sleep also plays an important role in satiety and hunger. Not only is the lack of sleep associated with a high BMI, but it also promotes the feeling of hunger.

I always find myself hungry and craving crappy foods after a bad night's sleep. To avoid the negative effects of sleep deprivation, get your 8 hours of sleep.