

STRUGGLING TO EAT ALL OF YOUR CALORIES

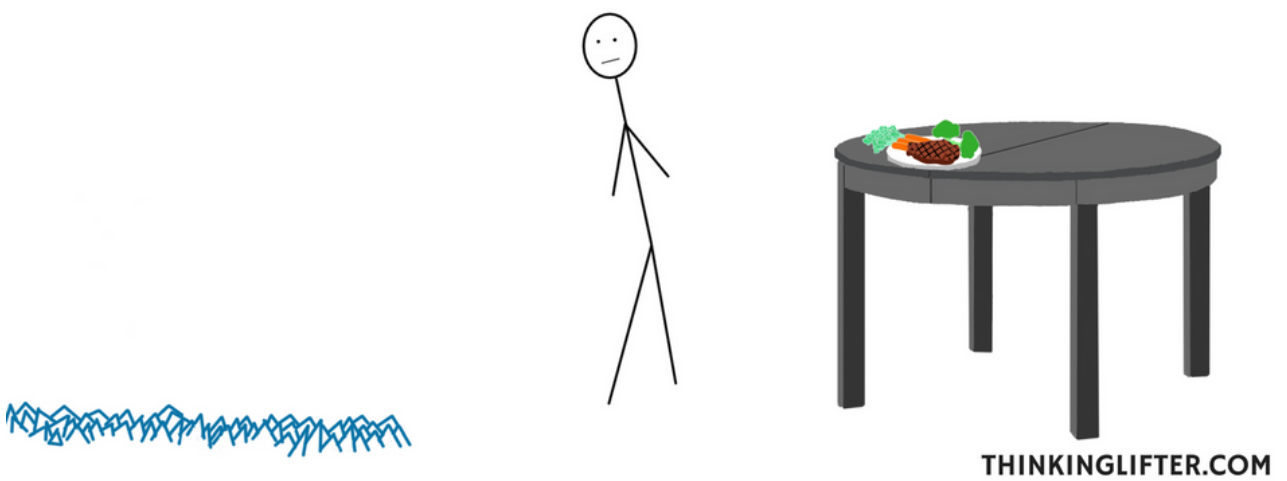
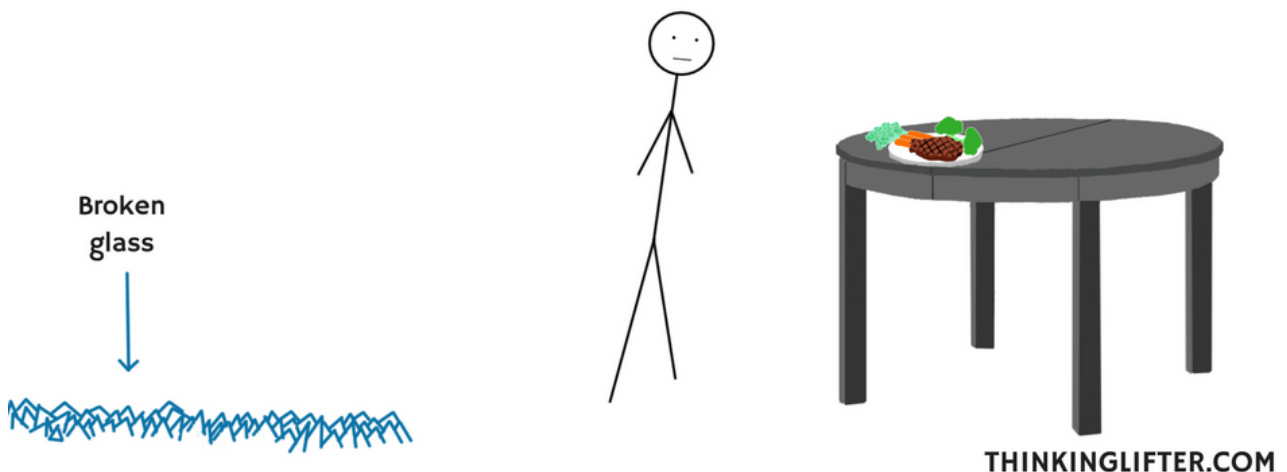
4 TACTICS TO EAT MORE WITHOUT FEELING LIKE PUKING ALL THE TIME

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Before we get into the tactics, I've got to be honest with you. I have a big appetite and not being able to eat enough calories is rarely an issue for me.

I can recall one period in time since I've been lifting that I had trouble eating enough. That was at the end of one bulking phase where I had to eat roughly 4700 calories per day to keep gaining weight.

Whoa, that sucked.



I'd like to think that I did alright back then, but on most days I was probably not getting enough calories. But, there are tips that I've picked up on since then that can help even the hardest of "hardgainers" out there eat enough food every day.

Without further ado, here they are:



1. EAT MORE FREQUENTLY

This is a no-brainer, but many guys overlook the importance of eating more frequently. If you're having trouble eating enough as it is, having 2 to 3 meals a day is a bad idea.

Depending on your calorie needs, each meal might need to be as much as 1500-1600 calories. That's a lot of food, especially for someone who has a small appetite.

Because of that, eating smaller, more frequent meals can be the solution. If you start with an early breakfast, a snack, then lunch, then an afternoon snack, and finally a dinner, getting 3500+ calories won't feel like such a chore.

But if you skip breakfast, eat a late lunch, nothing in the afternoon, and then a dinner, your two meals would need to be 1700+ calories each.



2. INCLUDE MORE CALORIE-DENSE FOODS

Eating chicken breasts, rice, broccoli, lean beef, and tons of veggies is all well and good, but if you're trying to hit 3500-4000 calories per day with just such foods, you're going to have trouble.

I recommend adding more dense foods in each meal to help bump the calorie content. Here are some ideas:

- A handful of dried fruits and nuts with meals or as snacks;
- Peanut butter and nutella/honey sandwiches;
- A glass of whole-fat milk with each meal;
- Some chocolate as dessert after a meal;
- A green salad with olive oil and dressing;
- Some olive oil into your protein shakes (you won't be able to taste it);
- Fatty fish such as salmon, herring or trout a few times per week;



3. DRINK MORE SHAKES AND SMOOTHIES

A shake that contains some calorie-dense foods (peanut butter, Nutella, olive oil, etc.) can be as much as 1500 calories. If you were to sit down and eat a 1500 calorie meal, that would be a lot of food. But you can wash down the shake in less than 5 minutes.

Shakes are easy to make, convenient if you're always on the go and can help you reach your calorie target for the day.



4. DO A MINI-CUT

If you've been bulking for a while and are getting sick of eating a lot of food every day, consider doing a mini-cut for 2-6 weeks.

Not only will you drop some of the excess fat that you've gained, but your appetite will go up and jumping back in the bulk will be much easier.

In any case, these 4 tactics can help if you're struggling to eat enough. But, I assume that most people who do a lean bulk won't have much trouble eating enough calories.