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FREE GUIDE

THE NO-APPETITE CALORIE SOLUTION

4 High-Calorie Smoothie Recipes +
The "No-Guilt" Mindset Guide



The No-Appetite Calorie Solution

Your Gentle Start to More Calories & Confidence

Welcome to your new favorite kind of weight gain: simple, nourishing, no pressure.

If you're tired of:

- ❖ Force-feeding yourself until you're uncomfortable
- ❖ Feeling guilty for wanting to eat more
- ❖ Overwhelming meal prep that's hard to sustain

...this guide is your first step to a better way.

Inside, you'll get:

- ✔ 4 High-Calorie, Easy-Digestion Smoothie Recipes – Pack in 500-800+ calories without the bloat.
- ✔ The "No-Guilt" Mindset Shift – A simple reframe to see food as fuel for your growth.
- ✔ A Strategy That Actually Works for fast metabolisms and small appetites.

Let's make eating feel good again.

—> Turn the page to begin.

Your Simple 3-Step Game Plan

1. DRINK

Have **1-2 of these smoothies daily**—perfect as a snack between meals or within 30 minutes after a workout.

2. BOOST

Easily add **100-300 extra calories** by stirring in an extra spoonful of nut butter, a handful of oats, or a scoop of your favorite protein powder.

3. TRUST

Track your weight weekly, not daily. Healthy gain is a gradual climb (0.5-1 lb per week is ideal). Consistency beats intensity every single time.



The Truth No One Tells You: You Can't Out-Eat a Bad Diet

Sure, you could gain weight eating junk food... but is that the body you want?

If you have a fast metabolism or a small appetite, eating big meals can feel impossible. This is where smoothies become your secret weapon.

Think of them as 'nutritional insurance' — a delicious, drinkable way to sneak in 500+ extra calories in minutes, without overwhelming your stomach. They work *with* your body, not against it.

But what you put in them matters. Deeply.

If You Eat This...	You'll Likely Feel	The Result Is...
Processed Foods (sugary snacks, white bread, soda)	Sluggish, bloated, hungry again quickly	"Empty" Weight Gain More fat, less muscle, unstable energy.
Whole, Nutrient-Dense Foods (oats, sweet potatoes, nuts, eggs, olive oil)	Energized, satisfied, strong digestion	"Quality" Weight Gain More muscle, better shape, lasting

Building Your Foundation: From Smoothies to Full Meals

These smoothies are your training wheels. They prove you *can* comfortably add quality calories. The ultimate goal is to carry that principle into all your meals.

If you're trying to gain weight, one of the most overlooked tools is food quality. It's not just how much you eat, but what you eat that determines how your body responds.

Highly processed, high-sugar foods might give you quick wins on the scale—but they don't build real strength or shape. You'll likely feel sluggish, bloated, and weirdly hungry again 30 minutes later.

On the flip side, making better food choices—like swapping white bread for whole grain, soda for smoothies, or snacks for something with healthy fat—sets you up for sustainable weight gain. These foods are nutrient-dense, meaning they deliver calories and the vitamins, minerals, and fiber your body actually needs to thrive.

Even small changes make a big difference. A handful of nuts added to your meals. A scoop of peanut butter in your oatmeal. Extra olive oil in your stir-fry. These tweaks stack up and support gradual, healthy gain.

Choosing better foods isn't a restriction—it's your most powerful tool. It's the difference between gaining weight and gaining strength, shape, and sustainable energy.

The Bottom Line

You're not just trying to get heavier.

You're building a stronger, healthier body that feels as good as it looks.

Better food isn't a punishment—it's your foundation.

The Recipes: Your 4 Pillars of Effortless Calorie Intake

1. The Peanut Butter Powerhouse(~700 Calories | High-Protein | No-Cook)

Perfect for: A calorie-dense breakfast or post-workout refuel

Ingredients:

- 1 large banana (for creaminess & potassium)
- 2 tbsp natural peanut butter (healthy fats & protein)
- 1 cup whole milk (or oat milk for extra calories)
- ½ cup full-fat Greek yogurt (for protein & probiotics)
- 1 tbsp honey or maple syrup (optional, for sweetness)

How to Make It:

- 1) Add all ingredients to a blender.
- 2) Blend on high for 45-60 seconds until completely smooth.
- 3) Pour into a large glass and enjoy immediately!

Pro-Tips :

- **To Add 200+ Calories:** Throw in a handful of rolled oats or a drizzle of olive oil.

- **Too Thick?** Add a splash of more milk until it reaches your preferred consistency.
- **Make It a Meal:** Pair it with two hard-boiled eggs for a complete, muscle-building breakfast.

Why It Works: Packed with **healthy fats and slow-digesting protein** to support sustained muscle growth and keep you full for hours.

2. The Oatmeal Cookie Shake

(~650 Calories | Slow-Release Energy)

Perfect for: A mid-morning or afternoon snack that prevents energy crashes

Ingredients:

- ½ cup rolled oats (complex carbs & fiber)
- 1 cup almond milk (or whole milk for more calories)
- 1 tbsp almond butter (or any nut/seed butter)
- 1 scoop vanilla protein powder
- 1 tsp cinnamon (blood sugar support)

How to Make It:

- 1) For a smoother texture, blend the oats into a fine powder first.
- 2) Add the remaining ingredients and blend until perfectly smooth.



Pro-Tips:

- **Meal Prep Hack:** Blend a large batch of oats into "oat flour" for the week. Store it in a jar for instant, grit-free shakes.
- **Warm Spice Upgrade:** Add a pinch of nutmeg or ginger alongside the cinnamon for a deeper, more digestive-friendly flavor.
- **Craving Cookie Dough?** Blend for less time to keep a slight, satisfying chew from the oats. Add a drop of vanilla extract.
- **Calorie Boost:** Soak 2-3 pitted dates in warm water for 10 minutes, then blend them in for natural sweetness and extra calories.

Why It Works: The fiber and complex carbs from oats provide a steady, slow-burning energy source—preventing the sugar spikes and crashes that come from processed snacks. This is sustainable fuel.

3. The Chocolate Banana Muscle Fuel

(~750 Calories | Post-Workout Recovery)

Perfect for: Sipping within 30 minutes of your workout to maximize recovery

Ingredients:

- 1 large banana (for quick-digesting carbs)
- 1 cup whole milk (protein & hydration)
- 1 scoop chocolate protein powder
- 1 tbsp nut butter or 1 tbsp flaxseeds (healthy fats)
- 1 tsp cacao powder (for rich flavor & antioxidants)

How to Make It:

- 1) Combine all ingredients in a blender.
- 2) Blend until smooth and creamy.



Pro-Tips:

- **The Recovery Boost:** Add a pinch of sea salt to replenish electrolytes lost through sweat.
- **Make It Decadent:** Use chocolate milk instead of plain milk, or add ¼ of an avocado for a mousse-like texture.

- **No Protein Powder?** Substitute with ½ cup of cottage cheese or Greek yogurt for a creamy, high-protein punch.
- **For Intense Training Days:** Add 1 tbsp of maltodextrin or a handful of grapes for fast-acting carbohydrates to rapidly replenish glycogen.

Why It Works: This shake provides the ideal **2:1 carb-to-protein ratio**, scientifically shown to optimally replenish glycogen stores and deliver amino acids directly to tired muscles, kickstarting repair and growth *when your body needs it most.*

4. The Tropical Cream Dream

(~800 Calories | High-Energy & Hydrating)

Perfect for: A refreshing, high-calorie meal on hot days or when your appetite is low

Ingredients:

- 1 cup canned coconut milk (full-fat for creaminess & calories)
- ½ cup frozen mango & pineapple (for flavor & vitamins)
- ½ cup Greek yogurt (or dairy-free alternative)
- 1 tbsp chia seeds or hemp hearts (for omega-3s)
- 1 tsp honey (optional, if fruit isn't sweet enough)

How to Make It:

- 1) Add all ingredients to a blender.
- 2) Blend until thick, creamy, and smooth.



Pro-Tips:

- **The Coconut Key:** Use canned, full-fat coconut milk (like Thai Kitchen). The carton version is too watery. For the richest texture and calories, canned is non-negotiable.
- **Texture Trick:** Soak your chia seeds in the coconut milk for 10-15 minutes before blending. They'll plump up, creating a luxurious, pudding-like consistency.
- **The "Ninja" Nutrient Boost:** Add a large handful of fresh spinach. You won't taste it, but you'll get a powerful hit of micronutrients.
- **Make it a Piña Colada:** Use ½ cup coconut milk and ½ cup pineapple juice. Add a splash of vanilla extract.

Why It Works: Healthy saturated fats from coconut provide dense, slow-burning energy that can be used for hours, while the natural sugars from tropical fruit offer a quick, mood-boosting energy lift. This combination is perfect for sustained mental and physical vitality without digestive burden.

The Mindset Shift: From Guilt to Growth

Read this when you feel doubt creeping in.

Reframe Your Thinking:

- **OLD:** "I'm eating too much."
- **NEW: "I'm fueling my body's repair and growth."**
- Food is not the enemy; it's the building material for the stronger version of you.

Focus on These Wins (Not Just the Scale):

- You have more energy throughout the day.
- Your clothes are starting to fit differently.
- You feel stronger during your workouts.
- You're thinking about food as fuel, not a source of anxiety.

Silence the Noise:

If you've been called 'skinny' your whole life, eating more can feel... wrong. But feeding yourself well is not selfish. It's self-respect. You are not "doing too much." You are finally doing right by yourself.

Your New Mantra (Say This Aloud):

"I deserve to take up space. I nourish my body without apology."

👉 **Your Action Step This Week:**

Once a day, when you have your smoothie or a bigger meal, pause and say: "**This is for my strength.**" That's it. Just once.

🚀 **You've Taken the First Step. What's Next?**

Congratulations! You're now equipped with the tools to **add healthy calories** effortlessly. This is how every transformation begins—with one simple, sustainable change.

If you're ready to build a complete plan, I've got your back.

The next step is turning these principles into a **full-day, no-stress eating strategy** that fits your life.

👉 **Keep an eye on my social media @healthyWG for:**

- The 7-Day Mass-Gain Meal Plan (Breakfast, Lunch, Dinner & Snacks, all pre-calculated).
- Live Q&A Sessions where I answer your specific questions.
- The "Sustainable Gains" Workshop – A deep dive into building your personalized plan.

Thank you for letting me be part of your journey. Your strength is built one sip,
one meal, one positive thought at a time.

— [@HealthyWG]

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