

HARDGAINER NUTRITION

THE ESSENTIAL FUEL SYSTEM
FOR FAST METABOLISMS



Fuel your growth.
One meal at a time.

1. Introduction: The Essential Role of Nutrition

Gaining muscle and weight relies on one simple rule: Your body must receive more energy than it spends. For fast metabolisms, this is often the missing piece. This guide gives you a clear, stable, and realistic way to structure your nutrition so your body finally has the fuel it needs to grow.

Inside this pack, you will learn how to:

- calculate your daily calorie target,
- follow structured sample days based on your needs,
- use calorie-dense foods to make eating easier,
- increase your intake without digestive discomfort,
- stay consistent week after week.

This Nutrition Pack works together with your MASS 30 Blueprint and the 30-Day Action Plan.

Together, they form a complete system designed for fast metabolisms.

2. Setting Your Calorie Target

2.1 Basic Formula

Most hardgainers need:

- 35–40 calories per kilogram of bodyweight
- or 16–18 calories per pound

Start with this formula:

Base calories = bodyweight (kg) × 35

Daily target = base calories + 200–300 surplus

2.2 Fill-in Table

Weight (kg)	Weight (lbs)	Formula	Daily Calorie Target	Check
...	...	weight × 35 + 200–300	...	<input type="checkbox"/>

Instructions:

1. Convert your weight to pounds if needed (1 kg ≈ 2.2 lbs).
2. Calculate your daily target.
3. Write it down and use this number every day.

3. How to Use the Sample Meal Plans

Sample days are not meant to be read once and ignored. They are designed to stabilize your calorie intake, which is essential for hardgainers.

Rule:

Choose ONE sample day (3000, 3500, or 4000+ calories) and repeat it for several days.

Then:

- If your weight doesn't move after 7–10 days → increase by 150–300 calories
- If your weight jumps too fast → reduce by ~150 calories
- If you're low on energy or constantly hungry → add one dense snack



4. 3000-Calorie Sample Day

Meal	Foods	Quantities	Approx. Calories
Breakfast	Oats Whole milk Banana Peanut butter Honey Nuts/almonds	80 g 300 ml 1 30 g 10 g 10–15 g	~800
Lunch	Cooked rice Chicken Olive oil Vegetables Greek yogurt	150 g 150 g 10 g 100 g 1 cup	~800
Snack (smoothie)	Milk Banana Oats Peanut butter Honey	300 ml 1 30 g 20–30 g 10 g	~500–600
Dinner	Pasta Ground meat Cheese Oil/sauce Fruit	150–180 g 120–150 g 20–30 g 1 tbsp 1 piece	~800–900



5. 3500-Calorie Sample Day

Meal	Foods	Quantities	Approx. Calories
Breakfast	Oats Whole milk Bananas Peanut butter Honey Nuts/almonds	100 g 350 ml 2 30 g 15 g 15 g	~1000
Morning snack	Peanut Butter and Jelly sandwich.	2 slices bread 30-40 g PB 20 g jelly	~350-400
Lunch	Rice Chicken or ground beef Avocado Olive oil Fruit/dessert	150 g 150 g 1/2 avocado 10 g 1 piece	~850
Afternoon snack (smoothie)	Milk Banana Oats Peanut butter Cocoa	300 ml 1 30 g 20 g 20 g	~500-600
Dinner	Pasta Meat Cheese or cream sauce Vegetables Oil/butter	150-180 g 100-120 g 20-30 g 1 bowl 1 tbsp	~800-900



6. 4000+ Calorie Sample Day

Meal	Foods	Quantities	Approx. Calories
Breakfast	Oats Whole milk Bananas Peanut butter Honey Nuts/almonds	100 g 350 ml 2 30 g 15 g 15 g	~1000
Morning snack	Bagel or bread Butter Honey/jam Milk	1 bagel 20–25 g 20 g 200 ml	~450–500
Lunch	Pasta Ground meat or chicken Oil/sauce Cheese Fruit	150–180 g 150 g 1 tbsp 20–30 g 1 piece	~900–950
Afternoon snack (smoothie)	Whole milk Bananas Oats Peanut butter Honey	400 ml 2 40 g 30–40 g 15 g	~700
Dinner	Rice or potatoes Salmon or fatty meat Oil/sauce Avocado	180–200 g 150 g 1 tbsp 1/2 avocado	~900–1000



7. Priority Foods

Category	Foods
Protein	Eggs, chicken, turkey, ground beef, salmon, tuna, tofu, Greek yogurt, cottage cheese
Carbs	Rice, pasta, potatoes, oats, whole grain bread, bagels, granola, honey
Fats	Peanut butter, almond butter, olive oil, avocado, nuts, seeds
Liquid calories	Milk, fortified plant milks, smoothies, fruit juice, chocolate milk





8. Essential Snacks

Snack	Ingredients	Calories
Dense smoothie	Milk + banana + oats + peanut butter + honey	500–700
Butter + honey sandwich	Bread + butter + honey	~400
PB&J sandwich	Bread + peanut butter + jelly	400–450
Greek yogurt + granola	150 g + 40 g + honey	~450
Rice pudding	Large serving	350–500
Avocado toast	1 avocado + 2 slices bread	300–400
Trail mix	50–60 g	300–400
Chocolate milk	300 ml	200–250





9. Daily Checklist

Task	Check
Did I reach my calorie target today?	<input type="checkbox"/>
Did I eat at least one dense snack?	<input type="checkbox"/>
Did I drink enough fluids today?	<input type="checkbox"/>
Did I avoid a 5-hour gap without food?	<input type="checkbox"/>
Did I eat after my workout?	<input type="checkbox"/>
Did I eat at least once before feeling hungry?	<input type="checkbox"/>



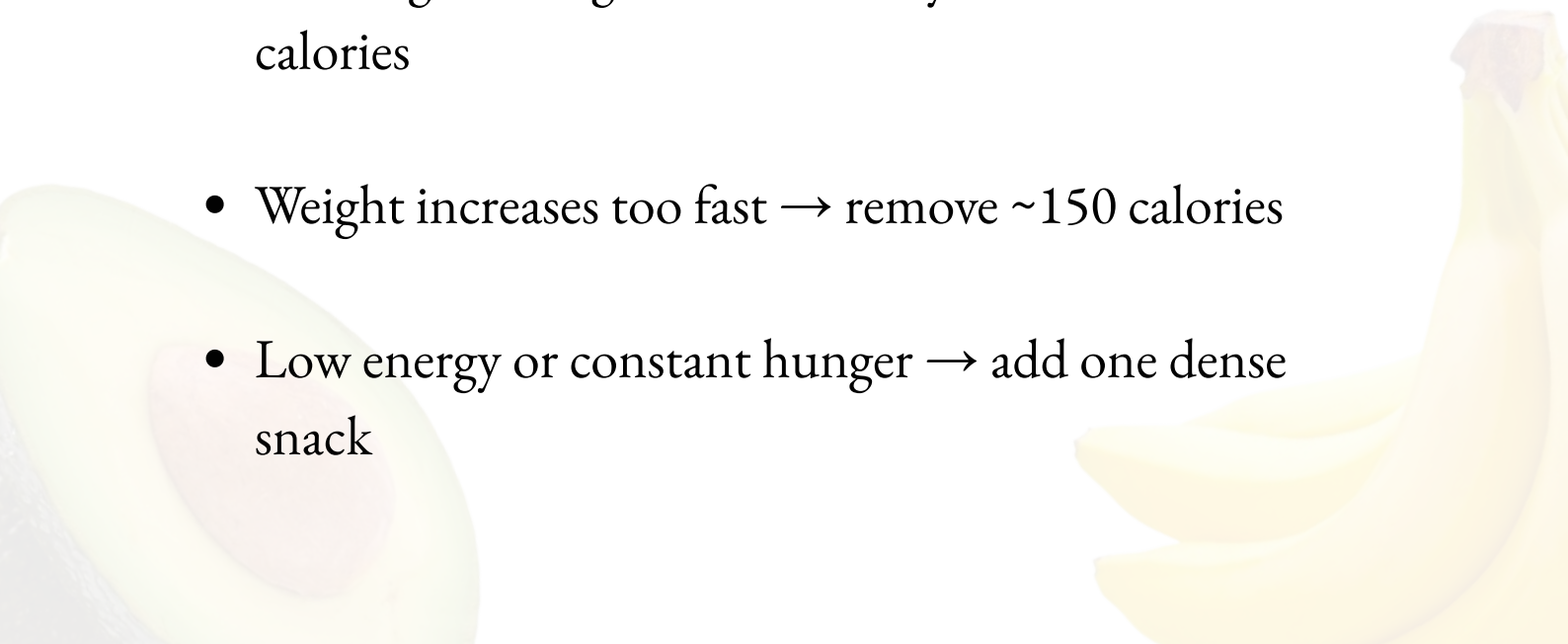


10. Weekly Progress Tracker

Week	Average Weight	Average Calories/Day	Notes (energy, hunger, performance)	Adjustments
Week 1				
Week 2				
Week 3				
Week 4				

Adjustment Rules

- No weight change after 7–10 days → add 150–300 calories
- Weight increases too fast → remove ~150 calories
- Low energy or constant hunger → add one dense snack





11. Final Reminder

- Pick a sample day and repeat it for several days.
- Use dense snacks to fill the gaps.
- Follow the daily checklist.
- Adjust weekly using the progress tracker.
- Stay consistent with the MASS 30 system.

For hardgainers, nutrition should be:
dense, simple, repeatable, and consistent.

