

The 30 Day

Build Muscle Challenge

**“6 Step Guide to Increase Your
Appetite & Eat Massive Amounts of
Food Each Day”**

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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The Eat and Grow MASSIVE Action Plan

Step 1: Eat smaller “muscle building” meals

Remember to eat a small meal high in protein, moderately high in carbs and moderately high in fat.

A good break down I like to use is 30 / 40 / 30. Which means 30% of your calories should come from protein, 40% from “good” carbs and 30% from fat.

(Eat to comfortably to fill your stomach up but don't get it stuffed like it's Thanksgiving Day)

Step 2 - Eat a small “muscle building” meal every 2.5 to 3 hours

There are so many benefits to eating a small meal every 3 hours. Here's just a few:

Constant nourishment: When you eat every 3 hours your body can constantly provide nutrients to help your damaged muscles (from your workout) recover and build new muscle.

Faster Metabolism: Your body will begin to adapt to the constant stream of nourishment and will literally boost your metabolism to help you digest more food.

if you already have a fast metabolism don't worry, since you're constantly providing the right nutrients to your body and eating massive amounts of food this boost in metabolism will actually help you build more muscle.

The most important thing to remember is to **NEVER let your body go hungry**. If you're ever hungry or your stomach is growling while you're trying to bulk up, then you're doing something wrong

Step 3: Drink a tall glass of water IMMEDIATELY after your meal

Drinking a tall glass of water after each meal is absolutely crucial.

Without H₂O your body CANNOT digest food.

And if you have your previous meal still sitting in your stomach when it's time for meal number 2 then guess what, your stomach's gonna say “Sorry bud, I'm full come back later” and there goes those extra calories you need to consume to build muscle.

Drinking a glass of water right after a meal will help speed up your digestion big time.

Step 4 - Drink another tall glass of water 1.5 hours after that

Yep another glass of water is required. If you're worrying about being too full on water to eat your next meal, don't be.

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In all honesty you should be drinking water constantly throughout the day regularly, your body is made up of about 70% water, and demands it constantly.

But once your body has used all the water necessary to digest it's last meal and maintain it's bodily functions, it's simply going to get rid of the excess water it doesn't need.

Which means you're going to be "going to the bathroom" alot more than normal but that's ok because not only is your body properly hydrated but you also have more room in your stomach for your next "muscle building" meal.

Step 5 - Repeat daily

You have to constantly perform this routine daily and here's why.

As your body adapts to the vast amounts of food and water you'll not only build more muscle but your body will naturally begin to crave more food.

Before you know it, the diet that used to fill you up will barely fill you up. Your body (your new muscle) will start to demand more food and more nutrients from you and that's when the REAL muscle gains begin.

But this can only be achieved if you repeat this routine daily.

Step 6 - Each week add more water until you're up to 2 cups in between meals

This is the goal you should work towards in the beginning.

As you start building muscle and gaining weight your body will DEMAND more nutrients from you. The more food you consume the more water you'll have to consume to properly digest it.

So remember **the more you eat the more you drink (water that is).**

I can't stress this enough...so I'm going to repeat it again

Drink lots of water.

THIS IS (NO B.S.) WHAT HELPED ME STOMACH MORE FOOD EACH DAY AND ULTIMATELY BREAK ME OUT OF MY SKINNY FRAME

When I'm not eating something I'm sipping on water.

Why is this SOOOO IMPORTANT?

Because the more water you have in your system, the faster your body will digest food. (Period)

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(If you haven't done so, go in the kitchen right now and pour yourself a nice tall glass of water and start sipping it while you view the rest of this guide - I'm serious, I'll wait)

If you're not drinking AT LEAST 2 cups of water between meals than you're going to have a hard time consuming those extra calories your body NEEDS to build muscle.

If you feel too full to eat your next meal then one of these three things are to blame.

- A - You're eating too much per meal
- B - You're not drinking enough water between meals
- C - (Both)

The good news is you can easily correct the two by using the advice found in this guide.

Recap: The Eat and Grow MASSIVE Action Plan

Step 1: Eat smaller "muscle building" meals rather than big meals.

Step 2: Eat a small "muscle building" meal every 2.5 to 3 hours (that's equivalent to 5 – 7 meals per day)

Step 3: Drink a tall glass of water immediately after your meal

Step 4: Drink another tall glass of water 1.5 hours after that.

Step 5: Repeat daily

Step 6: Each week add more water until you're up to 2 cups in between meals

I wish this system could be harder (so I can seem like some muscle genius) but it isn't, it's literally THAT SIMPLE to eat more throughout the day.

If you can stick with this for 2 to 3 weeks your body will start demanding more food from you because it's digesting it so quickly. And more (of the right) food = more muscle.

I hope this down and dirty action plan helped you. Now go out there and **EAT And Grow MASSIVE** and let me know how it goes.

Easy to follow nutrition habits should be doing to help you eat and grow massive

- Prepare food in advance and always have something on hand. You never know when you might have to bolt out the door for an unexpected event. If you know you have an appointment or meeting to be to, prepare food in advance so you can eat it as soon as you get home or whenever you have time.

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- Take food with you wherever you go. You can't always be sure if food will be available. Remember, you don't want to miss a meal. It counter acts your weight lifting efforts.
- Stash an emergency protein shake or protein bar in your car so no matter where you go you'll always have something nutritious to consume, and to ensure that you never let your body go hungry.
- Eat food before you go somewhere. Then you won't have to eat on the run (even though you do have a back-up meal packed just in case!).
- Buy more food than you think you need. It can save money and it means you'll never run out of nutritious food when you're in a pinch.
- Eat a variety of foods. If you eat the same foods every day, you're missing out on some vital nutrients. Plus you might start to get sick and tired of your diet and eat things you shouldn't just to taste something different.
- Try to eat a calorie ratio of 30% protein, 40% carbs, and 30% fat. So a person eating 2000 calories a day should eat about 600 calories from protein, 800 calories from carbs, and 600 calories from fat.