

A full-page background image of a muscular man in a gym. He is shirtless, wearing black shorts with a Nike logo, and is holding a barbell with large black weights. The weights have 'HABITUAL' and '20KG' printed on them. He is looking down at the barbell. The gym environment is dark with some blue lighting in the background.

**The Body
Consultants.**

***HOW TO
BULK***

WITHOUT GETTING FAT

WELCOME TO THE BBB

HOW TO BULK GUIDE

**The Body
Consultants.**

WHAT IS IT?

A comprehensive guide on how to bulk without getting fat. Along with some principles that you need to understand (whether you like them or not).

WHY WE MADE IT

We made this guide because there is too much information on the internet and not enough actionable information. This guide give you the steps and the why.

HOW TO USE THIS GUIDE

We highly suggest that everything you do is done without pain or discomfort. We recommend trying to replicate the prescribed guide as closely as possible, but do no try to do things in a rush. Everything takes time and patience.



UNDERSTAND THESE **BULKING PRINCIPLES**

Before embarking on a nutrition journey, whether trying to lose fat or gain muscle, you must understand that a few principles exist (whether you like them or not - it's science).



Calories exist - and the amount you consume will determine whether you decrease, maintain or increase the size/weight of your body mass.

The key to gaining weight/size is to be in a calorie surplus.

a.l.e. your nutrition intake is higher than your average Total Daily Energy Expenditure (TDEE).

b.TDEE is a combination of maintenance calories + activity level.

The higher the surplus, the faster you'll gain weight.

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UNDERSTAND THESE *BULKING* PRINCIPLES

Gaining muscle will almost always come with some added fat mass - you need to be ok with this.

- a.(the reason why most people struggle to build muscle is because they're scared of putting on fat.
- b.Ultimately, leading to them subconsciously eating less or moving more, resulting in a neutral calorie outcome and maintaining their body mass.

If you want to add “lean mass” you will need to bulk to a few kegs heavier than their ideal size and then shred the extra fat back

Just because you eat a lot, does not mean you're in a surplus. A surplus is an equation. If you're eating a lot but not putting on size, then unfortunately, you're still not eating “enough”. (or you're moving too much)

Re-calculate your TDEE and ensure that you're consuming more calories. (weekly average)



GENERAL RULES OF THUMB FOR WEIGHT GAIN

We know just throwing a bunch of words at you won't really help achieve your goals.

So we've put these principles into a simple format for you to follow.

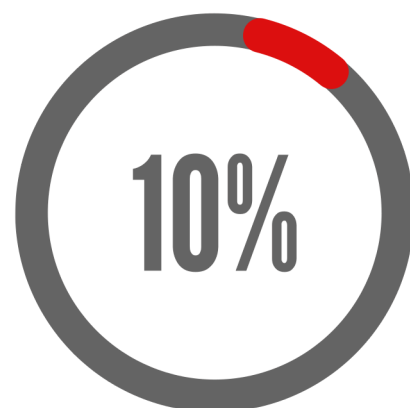
Aim for a calorie surplus of 10-30%

Meaning: find your TDEE and consume calories (weekly average)

10-20% more

10%

Pro = less fat gain
Con = take longer & smaller buffer.
Only takes one day of eating less and you'll be back to neutral.



30%

Pro = will be faster and provide a bigger buffer
Con = will come with higher fat gain
Find what works for you.
It will likely take some trial and error





HOW TO EAT FOR WEIGHT GAIN

There are no specific foods or ways to eat for fat loss or weight gain.

You can eat the way as someone else, or what you've eaten before - you'll just need to eat more of it so that you can achieve a calorie surplus.

However, the biggest hurdle for most people is that consuming more food makes them feel sick, or uncomfortable.

The key to combat this is to eat foods that are calorie-dense (high in calories and don't fill you up).
(This is the exact opposite for someone on a fat loss journey).



HOW TO EAT FOR WEIGHT GAIN.

Examples of these are:

- ☐ High-calorie liquids (drinks, juices, sauces)
- ☐ Dried fruits
- ☐ Nuts
- ☐ Honey/syrups
- ☐ Creams/ milks
- ☐ Butter, Peanut butter/Nut butter
- ☐ Dark chocolate
- ☐ Ice creams
- ☐ Lollies

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GETTING STARTED
WITH US?**

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3. Check out and download our other free resources
