

Functional Muscle Gain

What is Functional Muscle Gain?

Functional muscle gain is the growth of lean muscle which can improve an athlete's performance

- In order to gain lean mass you have to consume more energy (calories) than your body burns through exercise. A good strategy to accomplish this is to consume multiple "complete" meals and snacks throughout the day. A complete meal or snack contains carbs, protein, and healthy fats.

How Can Muscle Be Built Through Nutrition?

- Eat enough food
- Prioritize protein for muscle growth and repair.
- Eat whole foods (before supplements).
- Drink plenty of water for hydration and proper digestion.
- Prioritize post-workout meals for recovery.
- Prioritize pre-workout snacks to fuel your training.
- Achieve optimal carbohydrate intake to prevent muscle loss and provide fuel for training.
- Include dietary fat to provide additional energy and aid in recovery.

Energy Utilization Pyramid

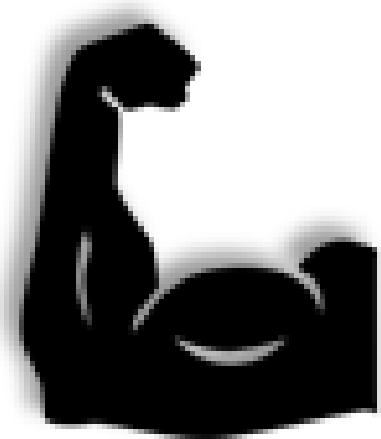


Important Reminder: The best way to obtain optimal muscle growth from food is prioritizing whole foods. Many athletes turn to supplements or other aids for help and find that they aren't reaching their goals. Prioritize whole foods first!



Positives of Muscle Gain:

1. Builds Strength and Stamina
2. Supports Joints
3. Helps manage blood sugar
4. Prevents Injuries



Snacks for Functional Muscle Growth



Greek Yogurt

Chocolate Milk

Baked Chicken

Protein Shake

Peanut Butter