

A man in a black tank top is shown from the chest up, with a purple overlay. The text "NINJA FITNESS" is in the top right corner.

NINJA
FIT
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QUICK TIPS

FOR SKINNY GUYS TO
BUILD MUSCLE

TIP # 1

Consume nuts regularly

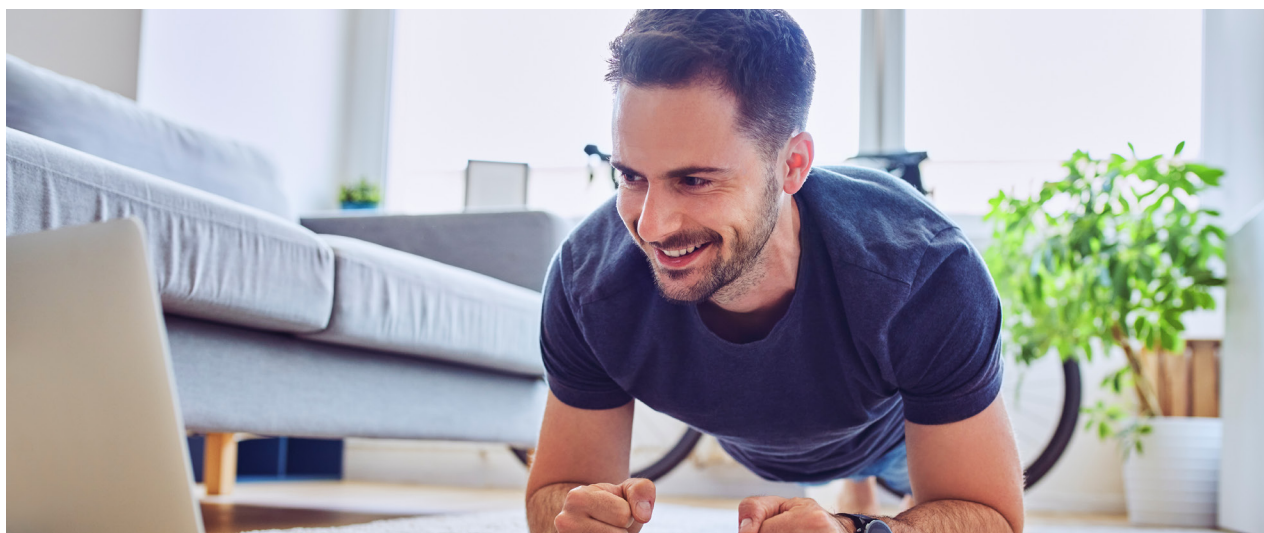
The first thing a skinny guy or gal should do is start snacking on nuts regularly. Nuts are easy to pack and carry around, and a handful of them can quickly provide 300 calories or more. This is a straightforward way to increase your calorie intake and gain weight safely. Plus, they take up so little stomach space that you won't even realize you've eaten.

TIP # 2

Consume dried fruit (and fresh)

Another quick way to increase your calorie intake is to eat dried fruit rather than fresh fruit more frequently. While healthy and an essential part of an excellent muscle-building diet, fresh fruit will fill you up faster than dried fruit.

If you're having trouble meeting your calorie needs, eat dried fruit more often. You can make your own nutritionally dense, calorie-dense trail mix by combining dried fruit with the above nuts.



TIP # 3

Oats should be eaten cold

Oatmeal is an excellent carbohydrate source that should be included in any muscle-building diet, but for skinny athletes, serve it cold. Cooked oatmeal takes up far too much space in the stomach and will make you feel full quickly, although it contains very few calories.

However, if you eat raw oats, you can easily consume 400-500 calories from the oatmeal alone, not to mention the milk you pour on top. Add some slivered nuts, raisins, and possibly a tablespoon or two of peanut butter for extra flavor, and you've got yourself a high-calorie breakfast, which is a great way to start the working day.

TIP # 4

Consume a large amount of lean meat and fatty fish

Lean red meat and fatty fish varieties are two of the best protein sources to have in your muscle-building arsenal. Both of these are excellent for the skinny guy or gal because they provide the protein and healthy fat you require to increase your lean muscle. This means that by making these choices, you'll consume more calories overall, bringing you closer to your goal of gaining muscle safely. While chicken and turkey are acceptable protein sources, you should consume higher-calorie protein sources at least once a week. If you're not a fan of fish, fish oil supplements can be used instead.



TIP # 5

Drink your calories

The following quick tip for the skinny is to ensure that you consume some of your calories through drinking. Most people don't register liquid calories the same way they do solid food calories, so you won't feel as complete throughout the day if you drink more calories. Protein smoothies and shakes, V8 juice, chocolate, or regular milk and nut milk are all excellent for extra nutrients. Frappuccinos? Not at all.

TIP # 6

Consume six meals per day

To gain muscle, you must eat six to eight times per day. The more frequently you eat, the smaller your meals will be, making them easier to swallow. Plus, you'll probably be able to consume more total calories throughout the day, so it's a win-win situation.





TIP # 7

Stay away from low-density foods

All skinny athlete diet plans should follow the following advice: Avoid eating too many low-density foods. Fresh fruits and vegetables are examples of this, as are soups, cooked oatmeal, popcorn, and any other food that provides a lot of volume for a small number of calories. Instead, you need foods with the highest calorie density possible so that you can get the best value for your money.

TIP # 8

Spread the almond butter on top

If you're a bony guy trying to put together a muscle-building diet, almond butter is your best friend. Natural almond butter should be spread on everything: fresh fruit, whole-wheat toast or bagels, and so on. This is a quick way to increase your calorie intake and gain muscle safely.

TIP # 9

Prepare your meals ahead of time

As you go about your diet to gain muscle, pre-cooking your meals is also necessary. Most skinny guys and gals will struggle to find the time to cook enough food each day, but cooking in larger batches makes this much more accessible. Remember that you can quickly freeze most foods for later consumption to cut down on prep time even more.

TIP # 10

Stay away from weight-gain shakes

Finally, you should avoid consuming weight-gainer shakes as part of your muscle-building diet. Preparing your own weight-gainer shakes is a better option because commercial weight-gainer shakes are typically high in sugar and low in nutritional value. Instead, use protein powder, ground oats, ground flax-seeds, or dried coconut for healthy fats. Combine with milk and some frozen fruit in a blender if you have one.



TIP # 11

Work smarter, not harder, when it comes to training

Only a few compound movements are needed to stimulate muscle growth as long as they are performed with a heavy weight. As many muscle fibers as possible should be activated. The workouts here only have four moves per session, but they are not easy. However, this is precisely what you need to grow if you're used to light circuits or bodybuilding routines that try to isolate every muscle.

TIP # 12

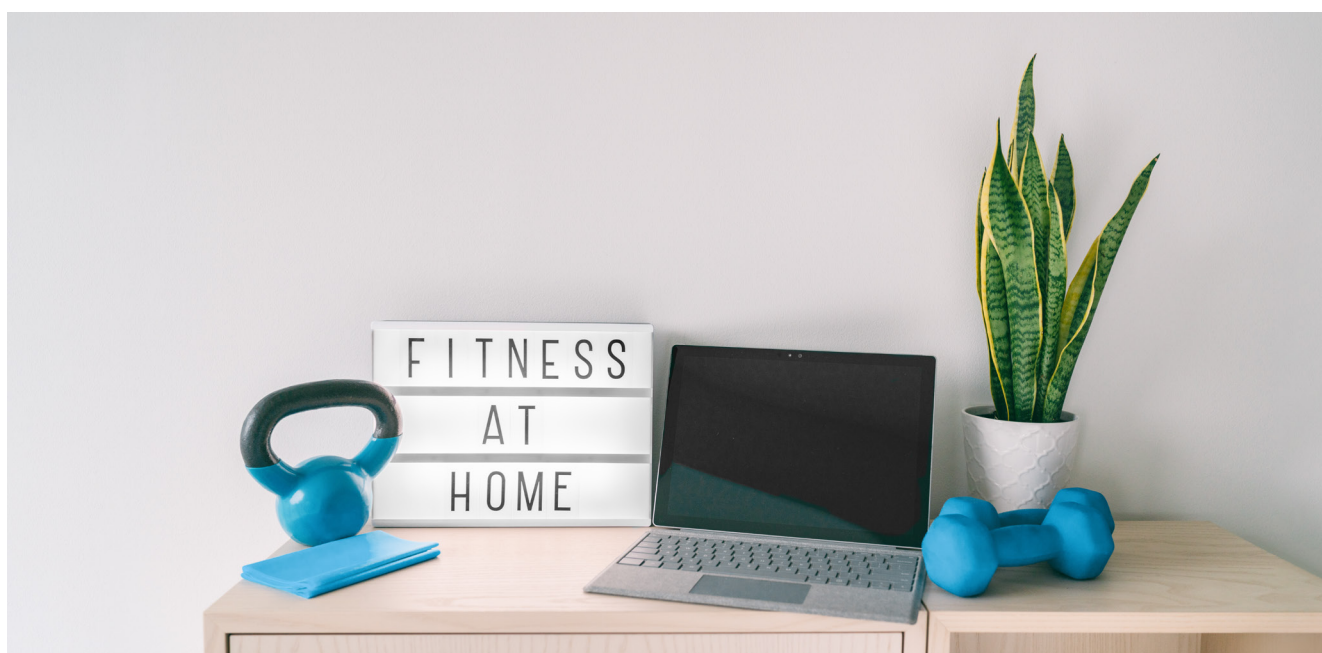
Take a break.

The release of growth hormones is dependent on getting eight hours of sleep per night. If you can get it, a nap every day is even better. In addition, get a massage or use a foam roller to work out knots in your muscles and improve blood flow in between workouts. You'll recover faster if you make these a regular part of your routine. The saying "no days off" is wrong. Your body needs a day or two each week to recover, assuming you are training with intensity.

TIP # 13

Keep a journal

This program's primary goal is to increase strength, so keep track of all your numbers. Then, every week, try to get better by increasing the weight or reps. Muscle size will always increase as your strength increases.



TIP # 14

Check your weight

Weigh yourself once a week in the morning after you've used the restroom but before you eat or drink anything. Each week, you should gain about a pound. (If you don't, you aren't getting enough nutrients.)

TIP # 15

The delivery service

Remember that no muscle-building diet is complete without a solid workout routine. If you want your body to convert excess calories into lean muscle tissue, you must put that muscle to work. Strength training on a timed basis and adhering to these quick nutritional tips will help skinny guys put on lean muscle safely and quickly.

