Twitter Thread by ConquerMindsetMoney | Self Mastery

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8 superfoods that will 10x your body mass:



1. Red Meat

Red meat is an excellent source of protein that aids in weight gain and muscular development.

It has leucine and creatine, which are substances important for increasing muscle building.

Protein and fat found in steak and other red meats contribute to weight gain.



2. Starchy Foods

Potatoes, sweet potatoes, corn, whole grain bread, oatmeal, whole wheat pasta, and brown rice are high-carbohydrate foods.

Carbohydrates, which have a protein-sparing effect, are essential for muscle growth along with proteins.



3. Eggs

Eggs are a powerhouse of protein, zinc, vitamins A, D, B 12, phosphorus, and folate.

Egg protein has a high biological value, which makes it the ideal post-workout snack.

There are 90 calories, 6.7 grams of fat, and 6.1 grams of protein in one large scrambled egg.



4. Fatty Fish

Essential fatty acids and proteins are abundant in fatty fish like salmon.

They aid in weight gain and immune boosting.

The finest source of omega-3 which is important for weight gain is found in these fish.



5. Dark Chocolate

Dark chocolate boosts cardiovascular health by enhancing blood flow,

preventing the formation of blood clots, and maintaining a healthy lipid profile.

Phenylethylamine, a substance found in dark chocolate, is good for mood and cognitive function.



6. Dried Fruits

Consuming dried fruit can help you gain weight.

This superfood is packed with vitamins, proteins, and several antioxidants.

Dried fruit of every kind has a high sugar content that makes it ideal for weight gain.



7. Avocados

Avocados are a great source of fiber, vitamins, antioxidants, and lipids.

Avocados are a great addition to sandwiches and other meals that are necessary for gaining weight.



8. Milk

Due to its abundance of all nutrients, our bodies require, milk is a complete food.

It contains a lot of vitamins, minerals, proteins, calcium, carbohydrates, and lipids.

Casein and whey proteins, it is a first-rate source of protein.



Summary:

Eating regularly more calories than you burn off through activity is the key to weight gain.

The increased calories from foods and high-calorie snacks should be used to create muscle rather than just fat,

thus lifting weights is crucial as well.

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