

Bulking Foods Cheat Sheet

High Calorie & High Protein Food Options to Help Fulfill Your Bulking Diet

High Calorie Options:

Food Item	Serv. Size	Calories	Protein	Fat	Carbs
Extra Virgin Olive Oil (1Tbsp)	15ml	120	0	14	0
Coconut Oil (1Tbsp)	14g	120	0	14	0
Mayonnaise (1Tbsp)	13g	90	0	10	0
Sour Cream (2Tbsp)	30g	60	1	5	1
Ranch Dressing (2Tbsp)	30g	140	1	14	2

Are you seeing a trend here? Choose cooking oils and full-fat condiments instead of low-fat options if you want to quickly and effectively add calories to your diet. Think fat is the enemy? Quite the opposite. Find out why [here](#).

High Protein Options:

Food Item	Serv. Size	Calories	Protein	Fat	Carbs
Tilapia (Baked)	150g	192	40	4	0
Chicken Breast (Skinless - 4oz)	112g	100	20	2.5	0
Greek Yogurt 2% Fat	200g	150	20	4	8
Chunk Light Tuna (1 Pouch)	74g	80	18	.5	1
Cottage Cheese 2% Fat (1/2 Cup)	113g	90	14	2.5	4

High Calorie & Protein Options:

Food Item	Serv. Size	Calories	Protein	Fat	Carbs
Whole Eggs (1 Extra Large)	56g	80	7	5	0
Whole Milk (1 Cup)	240g	150	8	8	11
Cheddar Cheese (1/4C)	28g	110	7	9	.5
Organic Peanut Butter (2 Tbsp)	32g	200	8	16	6
Salmon (Boneless, Raw)	4oz	166	25	7	0
Chicken (Dark Meat)	4oz	232	29	12	0
Almonds (1/4C)	28g	160	6	14	6
Cashews (1/4C)	28g	160	5	12	8

Additionally, letting yourself eat more of the [foods you love](#) will help fill out your daily calorie needs while on a bulk. Foods like ice cream, cake, chips, etc., are okay to indulge in from time to time, especially when you're having trouble gaining weight.

****The calories listed here are fairly common, but do check your own food labels to ensure correct calorie counts. Remember to always weigh your servings as some measurements do NOT always match food labels.**