

# **Obesogenic Diet – The High-Calorie Diet For Gaining Weight and Muscle**

When you say diet, you usually mean weight loss. The high-calorie diet is a departure from this rule! This particular diet program does not slim down the figure, but on the contrary gives it a more generous shape.

## **What is an Obesogenic diet?**

In the context of a so-called “normal” diet, an adult woman consumes an average of 1,800 calories per day. The high-calorie diet, as its name indicates, consists of significantly increasing the number of calories consumed daily. These calories are close to 3,000. The goal? To quickly gain weight in fat mass, but also in muscle mass.

Normally, the body stores energy reserves from which it draws when needed. The high-calorie diet will simply allow you to increase the calories available in your body. In other words, by adopting this dietary program, you are proposing to your body to consume more calories than it actually expends.

The reasons for adopting this atypical diet are varied. It can be followed in case of a fast metabolism: the body burns so quickly the calories consumed that it can store almost no fat reserves. As a result, it remains excessively thin. This is even more true when there is a regular practice of sports. The high-calorie diet therefore helps to harmonize the figure thanks to voluptuous shapes judiciously located (buttocks, thighs, arms or legs). It can also help to regain a few pounds lost after a digestive infection (gastric ulcer), a hormonal imbalance (hyperthyroidism for example), following a psychological problem (depression, intense stress, nervous

fatigue) or neurological problems.

## **The high-calorie diet, in practice**

Contrary to what one might be tempted to imagine, the high calorie diet does not consist of increasing one's consumption of fats. Needless to say, in the long term, eating only fast food, French fries, pizza, cheese, cold cuts or even dishes cooked with an excess of fat, presents considerable health risks (cardiovascular diseases, cholesterol or high blood pressure).

The high-calorie diet, on the other hand, requires a healthy and balanced diet. On a daily basis, the calorie intake should ideally be 50% carbohydrates, 25% fat and 25% carbohydrates.

In this diet, the number of meals is increased. Also, it is recommended to have a snack in the middle of the morning and in the middle of the afternoon. For these gourmet breaks, choose a dairy product, a cereal bar and a fruit, preferably fresh.

## **Menu idea**

Naturally, the quantities of calories consumed during the day are introduced into the diet gradually. It's not about making yourself sick! Like all diets, this program should ideally be followed by a dietician or nutritionist. You will thus benefit from the help, support and advice of a qualified professional.

- Breakfast: buttered bread, an egg or a portion of cheese, fresh fruit juice;
- Morning snack: a piece of fresh fruit with dry cookies;
- Lunch: a portion of meat or fish with carbohydrates (pasta, corn, rice, steamed potatoes or lentils) cooked with a little fat, a portion of vegetables, cheese and fresh fruit;

- Afternoon snack: yogurt or cottage cheese, fruit and a cereal bar;
- Dinner: eggs or a portion of meat or fish with, like breakfast, a portion of carbohydrates and a portion of vegetables, bread, a portion of cheese and a piece of fruit.