

THE VAULT / NUTRITION GUIDE

FF's Foods that will make you Gainzzzzz

Simple food. Consistent training. Room to grow.

Building muscle starts with a training stimulus. Food supplies the energy and building materials, while recovery gives your body time to adapt. No single food guarantees gains: the aim is a repeatable way of eating that supports the work you do in the gym.

The four priorities**01 Eat enough**

If muscle gain is your priority, a small calorie surplus is a useful starting point. More food is not automatically more muscle.

02 Hit your protein

Aim for around 1.6-2.2 g of protein per kg of body weight each day. The top end is an option, not a requirement for everyone. [1]

03 Fuel the sessions

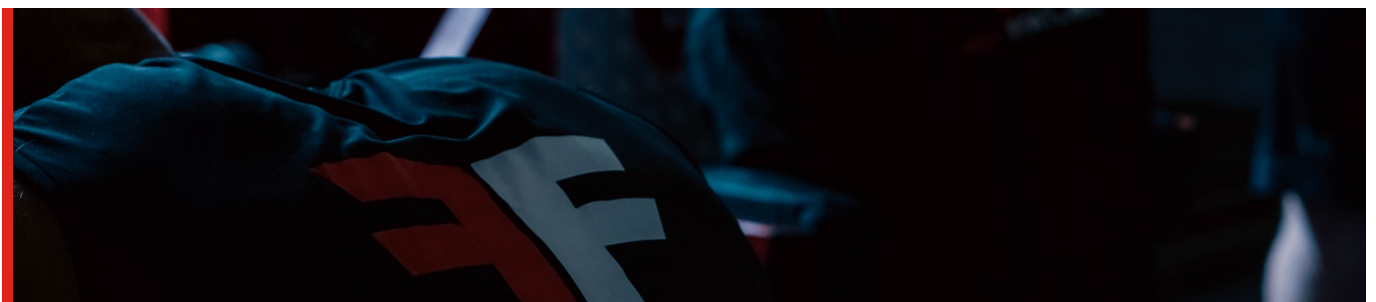
Include carbohydrate-rich foods for training energy and some unsaturated fats as part of a varied diet.

04 Repeat the basics

Train progressively, eat consistently and protect your sleep. A good plan only works if you can keep doing it.

Inside: setting your intake / protein food guide / carbohydrates and fats / meal ideas / a sample day / troubleshooting and sources

For generally healthy adults who strength train. This is an educational guide, not a personalised meal prescription.



01 / THE FOUNDATIONS

Set your intake, then adjust

Start with a modest surplus

Maintenance is the amount of food that keeps your average body weight broadly stable. If your weight has been steady for a couple of weeks, your current intake offers a practical starting point. Add a small amount of food, roughly 150-300 kcal a day, and review the trend after 2-3 weeks. This is a trial starting point, not a calculated requirement.

Some beginners and people returning to training can gain muscle without deliberately gaining weight. Avoid forcing a surplus if it does not suit your health, body composition or goals.

Make protein personal [1, 2]

Body weight	Daily protein range
60 kg	96-132 g
70 kg	112-154 g
80 kg	128-176 g
90 kg	144-198 g
100 kg	160-220 g

Calculate: body weight in kg $\times$ 1.6 to 2.2. For an 80 kg lifter, around 160 g is a convenient target within the range. These are practical targets, not pass-or-fail limits. More protein is not necessarily better once you are meeting your needs.

Spread it across the day [2]

Include protein at 3-5 meals or snacks. Around 20-40 g per eating occasion is a useful starting point; larger people or those eating fewer meals may need more. Spacing meals roughly 3-4 hours apart can help, but total daily intake matters more than watching the clock. You do not need to wake up to eat.

Check trends, not single weigh-ins

If weighing yourself is helpful, use comparable morning conditions a few times a week and compare weekly averages. Also track training performance, waist measurements and how clothes fit. Extra carbohydrate can initially increase water weight, so a quick jump is not all new muscle.

If weight is unchanged for 2-3 weeks and you want to gain, add about 100-150 kcal daily. If weight and waist size are rising quickly, reduce intake slightly. Avoid repeatedly changing the plan after one unusual day.

02 / THE FOOD GUIDE

Build meals around protein

Approximate values per **100 g of edible food**, unless stated otherwise. Raw means weighed before cooking; canned foods are drained. Dairy is ready to eat. Figures are rounded planning estimates, not exact product specifications. [3]

Food / weighing state	Protein	Carbs	Fat	kcal
Chicken breast, skinless, raw	23 g	0 g	3 g	120
Turkey breast, skinless, raw	24 g	0 g	2 g	115
Salmon, farmed Atlantic, raw	20 g	0 g	13 g	208
Tuna, canned in water, drained	25 g	0 g	1 g	116
Beef mince, 5% fat, raw	21 g	0 g	5 g	137
Whole egg, raw, without shell	13 g	1 g	10 g	143
Greek yoghurt, plain, 0% fat	10 g	4 g	0 g	59
Cottage cheese, about 1% fat	12 g	3 g	1 g	72
Firm tofu, drained*	12-17 g	1-3 g	7-9 g	120-160
Lentils, boiled, drained	9 g	20 g	0 g	116
Chickpeas, canned, drained	7 g	20 g	3 g	125
Edamame, cooked, shelled	12 g	9 g	5 g	121

*Tofu varies considerably by brand and water content. The ranges describe different products, not one combined nutrient profile. Use the packet label for accurate tracking. Carbohydrate definitions can differ between food databases and UK labels.

Turn the numbers into portions

150 g raw chicken: about 34 g protein. **200 g 0% Greek yoghurt:** about 20 g. **200 g cooked lentils:** about 18 g. **Two eggs:** often 12-14 g, depending on size; “two eggs” is a serving, not a fixed 100 g weight.

Why raw and cooked weights differ

Cooking usually removes water from meat, concentrating nutrients per 100 g. For example, 100 g cooked chicken often has around 30-31 g protein, while 100 g raw chicken has around 23 g. Match your tracking entry to the state you weighed. Rice and pasta absorb water, so their cooked values per 100 g are much lower than their dry values. Added oil and sauces count separately.

03 / CARBOHYDRATES, FATS & PLANTS

Fuel the work. Add variety.

Protein matters, but a plate of protein alone is not a complete muscle-building diet. Carbohydrates help you meet energy needs and fuel hard sessions. Fats add energy and support normal body functions. Fruit, vegetables and pulses contribute fibre and micronutrients. [4]

Food / weighing state	Useful portion	Approx. kcal	Main contribution
Oats, dry	60 g	230	About 40 g carbohydrate
Rice, dry	75 g	270	About 60 g carbohydrate
Pasta, dry	75 g	270	About 53 g carbohydrate
Potatoes, raw	300 g	230	About 51 g carbohydrate
Banana, peeled	120 g	105	About 27 g carbohydrate
Wholemeal bread	2 slices / 80 g	190	About 33 g carbohydrate
Olive oil	10 g	90	10 g fat
Peanut butter	20 g	120	About 10 g fat; 5 g protein
Almonds	30 g	175	About 15 g fat; 6 g protein
Avocado, flesh	100 g	160	About 15 g fat

Values are approximate; bread slices, nut butters and other packaged foods vary. These are serving examples, not compulsory portions. [3]

Around your workout

A normal meal containing carbohydrate and protein 1-3 hours before training works well for many people. If you train soon after eating, choose a smaller snack that sits comfortably, such as a banana and yoghurt. Very fatty or fibre-heavy meals immediately before training can feel uncomfortable.

Afterwards, have a protein-containing meal within the next few hours. You do not have to race for a shake if you have eaten recently. Add more carbohydrate when sessions are longer or when you combine lifting with sport.

Keep the diet balanced

Aim for at least five portions of fruit and vegetables each day, and include wholegrains and pulses regularly. Choose mainly unsaturated fats, but remember that oil and nuts are easy to over-portion. Drink regularly and replace additional fluid lost through sweating. [4]

04 / MEALS THAT DO THE JOB

Make it a day you can repeat

This example provides roughly **160-170 g protein**. It demonstrates meal structure, not a universal calorie target. Increase or reduce carbohydrate and fat portions to suit your energy needs; amounts below refer to the stated weighing state.

Meal	Put it together	Approx. protein
Breakfast	60 g dry oats + 250 g plain 0% Greek yoghurt + berries	33 g
Lunch	150 g raw chicken breast + 75 g dry rice + vegetables + 10 g olive oil	42 g
Snack	200 g low-fat cottage cheese + a banana	25 g
Dinner	180 g raw salmon + 300 g raw potatoes + vegetables	44 g
Later, if needed	2 eggs + 2 slices wholemeal toast	21 g

Estimates include typical contributions from the carbohydrate foods and vegetables. Brands, egg size and vegetable portions change totals. Swap foods freely and check labels where accuracy matters.

Five easy combinations

Chicken rice bowl: season chicken, cook thoroughly, and serve with rice, peppers and a yoghurt sauce.

Beef and bean chilli: combine lean mince, kidney beans and chopped tomatoes; serve with rice.

Tuna jacket potato: top a baked potato with tuna, plain yoghurt and sweetcorn.

Tofu stir-fry: combine firm tofu, edamame, mixed vegetables and rice or noodles.

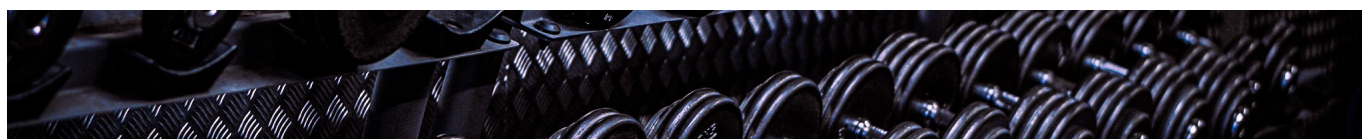
Overnight oats: mix oats, milk and Greek yoghurt, refrigerate, then add fruit.

Plant-based swaps need a portion check

Replacing 150 g chicken with 150 g lentils does not provide the same protein. Build a substantial serving using tofu, tempeh, soy foods, beans or lentils and count protein from the whole meal. A varied plant-based diet can support muscle gain; fully vegan diets also need a reliable vitamin B12 source.

Keep it affordable

Use own-brand oats, rice, eggs, yoghurt, tinned pulses and frozen vegetables. Batch-cook a protein and a carbohydrate base, then vary sauces and seasoning. Compare cost per useful serving, not only the price of the packet. Protein powder is optional convenience; it is not a requirement for progress.



05 / TROUBLESHOOTING & REFERENCES

Keep the plan working

If this happens...	Try this
You struggle to eat enough	Use smaller, more frequent meals. Add a measured serving of olive oil, nut butter or milk rather than making every meal enormous.
You hit protein but feel flat in training	Review total food intake, carbohydrate portions, hydration and sleep. More protein alone may not solve the problem.
You gain weight but your waist rises quickly	Reduce the surplus slightly and review the trend over a few weeks. Faster weight gain is not proof of faster muscle gain.
Your stomach feels uncomfortable	Increase fibre gradually, spread meals out and identify foods you tolerate. Persistent symptoms deserve professional advice.
You miss a meal or have a social night	Return to your usual routine at the next meal. Consistency over weeks matters more than one imperfect day.

The FF takeaway

Choose foods you enjoy. Eat enough to recover. Reach a sensible protein target. Train with purpose. Repeat. An eating routine that fits your life is more valuable than a “perfect” plan you cannot maintain.

Sources & nutrition notes

The guidance is informed by the sources below. The food tables contain rounded, representative estimates; they are not laboratory analyses of a specific brand. Use your product label and the correct raw, dry, cooked or drained entry when tracking.

1. Morton et al. (2018). Protein supplementation and resistance-training adaptations: systematic review and meta-analysis. [Read source.](#)
2. Jäger et al. (2017). ISSN position stand: protein and exercise. [Read source.](#)
3. USDA FoodData Central. Reference food-composition database. [Read source.](#)
4. NHS. The Eatwell Guide. [Read source.](#)

Important information

Prepared by Fitness Fraternity for general education for adults. This guide is not individual advice from a registered dietitian and does not replace medical or nutritional care. Needs vary with health, body size, training and goals; results are not guaranteed. If you have a medical condition, are pregnant or breastfeeding, are under 18, or have a history of disordered eating, seek qualified advice before following calorie or protein targets. Check labels for allergens and follow safe cooking and storage instructions.

