

While some of us are experts at gaining weight unintentionally, how do we go about building muscle in the right way? Weight gain sounds easy, but it actually requires a strategic approach to nutrition and training to get it right. And just like weight loss, muscle gain must start with getting the right amount of [calories](#) each day. Here is everything you need to figure out exactly how much you should be eating each day to put on more muscle. Use this simple calculator to find out exactly how many calories you need a day to start gaining healthy weight. Track your progress with the Trifecta App! Keep up this great momentum and crush all your nutrition goals with our app. Download the Trifecta App! Enter your email address to see your results. We'll also send you a follow-up email for your records. Weight gain is primarily driven by eating more calories than your body burns on a consistent basis.

[external page](#) But it takes energy to store energy. In other words, your body burns calories digesting food and storing this food as either body fat or muscle. In contrast, losing stored body fat/muscle releases energy for use. This is why excess calories are needed to gain weight and cutting calories is an effective approach to losing weight. With any weight gain, the goal is typically to increase lean mass while limiting gains in body fat. This is because muscle provides numerous health benefits, whereas excess fat is really just energy reserves, Titan Rise Male Enhancement and high amounts of body fat are associated with less desirable health outcomes. Muscle is what helps keep us strong and healthy as we age. It is closely linked to recovery from injury and illness, and may even play a role in preventing obesity and diabetes. These positive effects are partly due to the fact that muscle is more metabolic than fat.

One pound of muscle burns 4.5 to 7 calories per day, whereas one pound of fat may only burn a couple of calories. In addition, [stamina support capsules](#) muscle also serves as a storage place for key nutrients - like glycogen (aka carbs), water, and amino acids. Thus, having more lean tissue means you process and store your calories more efficiently, and that your higher weight and output allows you to eat more calories in general. For many, adding muscle means you can eat more food and look more fit - a highly desirable result. More lean muscle mass can also make it easier to maintain fat loss. So how can you ensure you gain more muscle than fat? Ultimately it comes down to nutrition and training. How Many Calories in One Pound of Fat? Storing dietary fat as body fat requires little energy - so one gram of stored fat provides about nine calories per gram (similar to what 1g of fat eaten supplies) or 4,000 calories per pound.

Carbs and protein, on the other hand, require a little more energy to be stored as body fat - nine calories consumed results in only 7.35 calories stored, or [stamina support capsules](#) 3,300 calories per pound. It takes even more energy to build and store muscle mass through muscle protein synthesis (MPS). An estimated 2,500 to 2,800 excess calories are needed to gain one pound of lean mass. Of course, this number is highly dependent on individual factors like level of training, [starting body](#) composition, genetics, and overall diet. What Weighs More, Titan Rise Male Enhancement Muscle or Fat? Because fat supplies more energy per gram than muscle and takes up more space, some may interpret this as fat weighs more than muscle. And because muscle is denser - one pound of muscle takes up 18% less space than fat, some would argue the opposite. But either notion would defy the laws of physics since one pound of anything still weighs a pound.

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Last update: **2025/08/14 07:41**

