

# Bulking food reference

Energy-dense everyday foods with a realistic portion. Figures per 100 g are from the UK Composition of Foods Integrated Dataset (CoFID 2021); portions are approximate.

| Food                     | Portion                                 | kcal per portion | Protein per portion | kcal per 100 g | Protein per 100 g | CoFID code |
|--------------------------|-----------------------------------------|------------------|---------------------|----------------|-------------------|------------|
| Olive oil                | 1 tablespoon (14 g)                     | 126              | 0 g                 | 899            | 0 g               | 17-038     |
| Walnuts                  | a small handful (30 g)                  | 206              | 4.4 g               | 688            | 14.7 g            | 14-879     |
| Peanut butter, smooth    | 1 tablespoon (approx.) (20 g)           | 121              | 4.6 g               | 607            | 22.8 g            | 14-892     |
| Mixed nuts               | a small handful (30 g)                  | 174              | 7.1 g               | 581            | 23.8 g            | 14-880     |
| Pumpkin seeds            | 2 tablespoons (30 g)                    | 170              | 7.3 g               | 565            | 24.4 g            | 14-842     |
| Almonds                  | a small handful (30 g)                  | 166              | 6.4 g               | 554            | 21.2 g            | 14-896     |
| Plain chocolate          | a few squares (25 g)                    | 128              | 1.3 g               | 510            | 5 g               | 17-491     |
| Crunchy muesli with nuts | a bowl (50 g)                           | 225              | 4.2 g               | 450            | 8.4 g             | 11-939     |
| Porridge oats, dry       | a bowl (dry weight) (50 g)              | 191              | 5.5 g               | 381            | 10.9 g            | 11-788     |
| Pasta, white, dried      | a large portion (dry weight) (100 g)    | 343              | 11.3 g              | 343            | 11.3 g            | 11-716     |
| Bagels, plain            | 1 bagel (approx.) (85 g)                | 232              | 8.5 g               | 273            | 10 g              | 11-970     |
| Raisins                  | a small box-sized handful (30 g)        | 77               | 0.9 g               | 256            | 3 g               | 14-393     |
| Dates, dried             | about 5 dates (40 g)                    | 94               | 1 g                 | 235            | 2.4 g             | 14-394     |
| Salmon, farmed, grilled  | 1 fillet (approx.) (120 g)              | 287              | 29.5 g              | 239            | 24.6 g            | 16-357     |
| Avocado (Hass), flesh    | half an avocado (approx.) (70 g)        | 120              | 1.3 g               | 171            | 1.8 g             | 14-386     |
| Eggs, whole, raw         | 1 medium egg (approx.) (50 g)           | 66               | 6.3 g               | 131            | 12.6 g            | 12-937     |
| Whole milk               | a large glass (250 ml, approx.) (250 g) | 158              | 8.5 g               | 63             | 3.4 g             | 12-596     |

# How fast to gain

A practical monitoring range is 0.25–0.5% of bodyweight a week. It is not a proven optimum: faster gain tends to include more fat, and the scale cannot tell you how much of a gain is muscle.

| Bodyweight | Per week     | Per month  | After 12 weeks |
|------------|--------------|------------|----------------|
| 50 kg      | 0.13–0.25 kg | 0.5–1.1 kg | 51.5–53 kg     |
| 60 kg      | 0.15–0.3 kg  | 0.6–1.3 kg | 61.8–63.6 kg   |
| 70 kg      | 0.18–0.35 kg | 0.8–1.5 kg | 72.1–74.2 kg   |
| 80 kg      | 0.2–0.4 kg   | 0.9–1.7 kg | 82.4–84.8 kg   |
| 90 kg      | 0.23–0.45 kg | 1–2 kg     | 92.7–95.4 kg   |
| 100 kg     | 0.25–0.5 kg  | 1.1–2.2 kg | 103–106 kg     |
| 110 kg     | 0.28–0.55 kg | 1.2–2.4 kg | 113.3–116.6 kg |

## Weekly weigh-in log

Weigh at the same time of day (for example, after waking) and compare weekly averages rather than single days.

| Week | Average weight | Change | Notes |
|------|----------------|--------|-------|
| 1    |                |        |       |
| 2    |                |        |       |
| 3    |                |        |       |
| 4    |                |        |       |
| 5    |                |        |       |
| 6    |                |        |       |
| 7    |                |        |       |
| 8    |                |        |       |
| 9    |                |        |       |
| 10   |                |        |       |
| 11   |                |        |       |
| 12   |                |        |       |

If your average has not moved for a few weeks: [bodywise.io/hub/tools/bulking-stall-calculator](https://bodywise.io/hub/tools/bulking-stall-calculator) · Full food table: [bodywise.io/hub/tools/bulking-foods-calorie-table](https://bodywise.io/hub/tools/bulking-foods-calorie-table)