



# Eating for Mass: How to Eat, What to Eat, and When to Eat It to Gain More Than 20lbs in a Month

*Connor Grooms*

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I've always been skinny. I didn't break 100 pounds until sophomore year of high school. In 7th grade, I had to stuff my jock with water balloons and sand to make weight for football.

I made countless attempts at putting on muscle. No matter what I tried, nothing worked. I seemed destined to never weigh more than 135 pounds. You can probably relate...

### **Then, I gained 26lbs of muscle in 4 weeks.**

This book is how I did it. Inside, you'll find:

- How to painlessly eat 5000+ calories a day (Pages 43, 49)
- The reason you aren't gaining weight, even if you're eating enough and lifting heavy (page 62)
- How to naturally increase your testosterone for maximum growth (Page 68)
- The complete, detailed food log from my 28 day bulk (Page 80) and recipes for high calorie, non-"junk" meals (Pages 38, 96)
- How to overcome "I'm full syndrome" so you can consistently eat huge meals (Page 28)
- Why high-repetition heavy squats are your ticket to huge gains (Page 23)
- The old-school, cheap-as-dirt supplement that is ideal for post-workout recovery and growth (Page 52)

At the heart of getting big is eating a LOT, which is hard. This book covers what to eat, how to eat, and when to eat it to make getting big easy. It also shows you how to optimize your hormones, sleep, blood, and inflammation for fastest gains.

Why get big?

- I'm more confident and comfortable in my own skin. I feel more like a man.
- I get more respect from everyone, especially other men.
- My sex life has improved dramatically.
- I get "holy shit!" reactions from family and friends when they see me again for the first time.
- My strength and athletic performance has accelerated at an unprecedented rate.

Every guy deserves to be able to look in the mirror and say, "damn, I look good." If you're a skinny guy like I was, this book is your fastest ticket there.

## **Praise for Eating for Mass**

"I have been working with collision sports guys for years. Building Mass is central to their success, so I

came up with a six week program, Mass Made Simple. It's a bit of upper body work, some combination lifts, and then high repetition squats. For nutritional advice, I tell them two things: Eat Like an Adult and, basically, eat everything in sight.

Few understand what I mean. I mean "a lot." Finally, someone understands this. Connor "explains the obvious:" eat, sleep, eat. Force feed yourself. Pour oil on pizza. Chug down protein shakes. Connor's work is the missing link. And, I have to say it again: gaining mass is one of the hardest things to do as the shoveling in the volume of food is much harder than most people think. Connor simplifies the process and the thinking behind the food aspect of gaining mass. It is complete, insightful and a "must have" for the mass building client and athlete."

- **Dan John**, Author of Mass Made Simple, RKC, and influential strength trainer.

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### **From reader reviews:**

#### **Robert Tyson:**

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite reserve and reading a publication. Beside you can solve your condition; you can add your knowledge by the reserve entitled Eating for Mass: How to Eat, What to Eat, and When to Eat It to Gain More Than 20lbs in a Month. Try to make the book Eating for Mass: How to Eat, What to Eat, and When to Eat It to Gain More Than 20lbs in a Month as your buddy. It means that it can being your friend when you truly feel alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated for you personally. The book makes you more confidence because you can know every little thing by the book. So , let me make new experience as well as knowledge with this book.

#### **Clarence Riley:**

What do you ponder on book? It is just for students as they are still students or this for all people in the world, what best subject for that? Merely you can be answered for that query above. Every person has several personality and hobby for every other. Don't to be pressured someone or something that they don't want do that. You must know how great and also important the book Eating for Mass: How to Eat, What to Eat, and When to Eat It to Gain More Than 20lbs in a Month. All type of book is it possible to see on many options. You can look for the internet methods or other social media.

#### **Charles Bryce:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled Eating for Mass: How to Eat, What to Eat, and When to Eat It to Gain More Than 20lbs in a Month can be great book to read. May be it is usually best activity to you.

#### **Jacqueline Carter:**

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