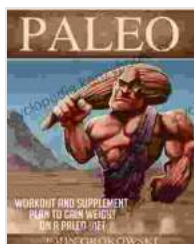# The Ultimate Workout and Supplement Plan to Gain Weight on the Paleo Diet

If you're looking to gain weight on the Paleo diet, you're in luck. The Paleo diet is a great way to eat for overall health and well-being, and it can also be used to gain weight in a healthy way.

Paleo: Workout and Supplement Plan to Gain Weight on a Paleo Diet (Body Building, Low Carb, Muscle and Fitness, Whole Foods, Robb Wolf, Mark Sisson)

by Elizabeth Coblentz

★★★★☆ 4.2 out of 5

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Word Wise	: Enabled
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The key to gaining weight on the Paleo diet is to eat plenty of nutrient-rich foods. This includes lean protein, healthy fats, and plenty of fruits and vegetables. You should also make sure to get enough calories to support your weight gain goals.

In addition to eating a healthy diet, you should also follow a regular workout routine. This will help you build muscle and strength, which will help you

gain weight in a healthy way.

If you're new to the Paleo diet, it's important to start slowly. Start by making small changes to your diet, such as cutting out processed foods and sugary drinks. Once you're comfortable with the basics of the Paleo diet, you can start to add more nutrient-rich foods to your diet and increase your calorie intake.

If you're following a Paleo diet and you're not gaining weight, there are a few things you can do. First, make sure that you're eating enough calories. You may need to increase your calorie intake by 200-300 calories per day. Second, make sure that you're getting enough protein. Protein is essential for muscle growth. You should aim to consume at least 1 gram of protein per pound of body weight per day.

If you're still not gaining weight, you may want to consider taking a weight gain supplement. Weight gain supplements can help you increase your calorie intake and gain weight in a healthy way.

The Ultimate Workout Plan to Gain Weight on the Paleo Diet

This workout plan is designed to help you build muscle and strength, while still staying true to the Paleo principles of eating whole, unprocessed foods.

The plan is divided into three phases:

1. **Phase 1:** This phase is designed to help you build a foundation of strength and muscle. The workouts will be relatively light, and you will focus on compound exercises that work multiple muscle groups at once.

2. **Phase 2:** This phase is designed to help you continue to build muscle and strength. The workouts will be more challenging, and you will start to incorporate more isolation exercises that target specific muscle groups.

3. **Phase 3:** This phase is designed to help you maintain your muscle and strength gains. The workouts will be less frequent, and you will focus on maintaining your strength levels.

Each phase of the plan lasts for four weeks. You should complete all three phases of the plan before starting over again.

Phase 1 Workouts

The following are the workouts for Phase 1:

- **Monday:** Barbell squats, bench press, overhead press
- **Tuesday:** Rest
- **Wednesday:** Deadlifts, pull-ups, rows
- **Thursday:** Rest
- **Friday:** Cardio
- **Saturday:** Rest
- **Sunday:** Rest

Phase 2 Workouts

The following are the workouts for Phase 2:

- **Monday:** Barbell squats, bench press, overhead press

- **Tuesday:** Rest

- **Wednesday:** Deadlifts, pull-ups, rows

- **Thursday:** Rest

- **Friday:** Bicep curls, tricep extensions, lateral raises

- **Saturday:** Rest

- **Sunday:** Cardio

Phase 3 Workouts

The following are the workouts for Phase 3:

- **Monday:** Barbell squats, bench press, overhead press

- **Tuesday:** Rest

- **Wednesday:** Deadlifts, pull-ups, rows

- **Thursday:** Rest

- **Friday:** Cardio

- **Saturday:** Rest

- **Sunday:** Rest

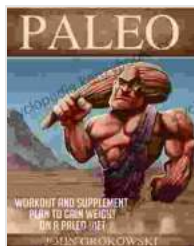### The Ultimate Supplement Plan to Gain Weight on the Paleo Diet

In addition to following a healthy diet and workout routine, you may also want to consider taking a weight gain supplement. Weight gain supplements can help you increase your calorie intake and gain weight in a healthy way.

There are a variety of different weight gain supplements on the market. Some of the most popular supplements include:

- **Creatine:** Creatine is a natural substance that helps to increase muscle strength and power. It can also help you to gain weight in a healthy way.

- **Protein powder:** Protein powder is a great way to increase your protein intake and support muscle growth. It can also help you to gain weight in a healthy way.

- **Mass gainers:** Mass gainers are a type of weight gain supplement that contains a blend of protein, carbohydrates, and fats. They are a great way to increase your calorie intake and gain weight in a healthy way.

If you're considering taking a weight gain supplement, it's important to talk to your doctor first. They can help you to choose the right supplement for your needs and make sure that it is safe for you to take.

The Paleo diet is a great way to eat for overall health and well-being. It can also be used to gain weight in a healthy way. By following a healthy diet, workout routine, and supplement plan, you can gain weight and improve your overall health and well-being.

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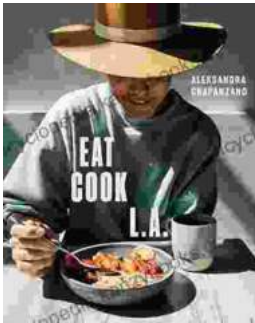
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