

MEDIFIT EDUCATION'S

# PEANUTS FOR MUSCLE BUILDING

***The Natural Plant - Based Secret to  
Protein - Packed Gains***

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**Dr Mahesh Kumar**

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**Dr Mahesh Kumar**



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## **Peanuts for Muscle Building**

### **WHY PEANUTS FOR MUSCLE BUILDING?**

Peanuts are a type of nut that has gained popularity among bodybuilders and other athletes over the past few years. These small but healthy snack nuts are packed with protein, fiber, vitamins, minerals, and plenty of wholesome nutrients that can benefit any diet plan.

When we think about peanuts, the first thing that comes to mind is their high protein content and how great they are as an energy-boosting snack. However, there are various types of peanuts out there, such as dry-roasted and honey-coated nuts. Since it can get a little confusing at times, let us look at if peanuts are good for bodybuilding or not.

Asking if peanuts are good for bodybuilding might seem like a silly question. After all, nuts in general are healthy for anyone who wants to be fit and maintain a lean body. They are packed with vitamins and minerals like magnesium, manganese, iron, zinc, copper, and B.

### **What Are The Benefits Of Peanuts For Bodybuilding?**

Peanuts are a common ingredient in bodybuilding diets and for good reason. They are a great source of protein which helps the body to build muscle, healthy fats, and minerals like magnesium and potassium, and provide a variety of important nutrients, including fiber, and healthy fats. These nutrients can help promote healthy digestion and weight loss. They can also contribute to healthy cholesterol levels and blood pressure. Peanuts are also a good source of antioxidants, which can help protect against oxidative stress and chronic diseases like heart disease and cancer. Finally, peanuts are easy to store and easy to prepare, making them a convenient choice for anyone looking to boost their nutrition. Overall, peanuts are a great addition to any bodybuilder's diet.

It has been shown that eating vegetable protein is more nutritious than eating animal protein, and this helps to build muscle faster and this is what bodybuilders need.

In addition:

- Peanuts suppress appetite while increasing the feeling of satiety for a long time, and the fats in peanuts are healthy and help build muscle.
- Peanuts help make the most of your workout, as they help build muscle.
- Helps protect muscles from extreme stress.
- Peanuts contain the mineral niacin, which helps bodybuilders control blood sugar levels.

## **Peanuts for Muscle Building**

### **Do Peanuts Provide Enough Protein And Fat For Bodybuilding?**

Peanuts are a good source of both protein and fat, as well as several vitamins and minerals. They're also affordable, portable, and have several other benefits. However, that doesn't mean you should eat them all the time.

### **How Do Bodybuilders Eat Peanuts?**

A typical bodybuilding diet is calculated to promote increased muscle mass and strength; Proteins, carbohydrates, and fats are carefully balanced, while processed and fried foods are kept to a minimum. When eaten in moderation, dry roasted peanuts can be used to supplement a bodybuilding diet. A convenient snack, peanuts can help soothe your hunger pangs as well as contribute needed protein and beneficial fats. Nibbling on unsalted dry roasted peanuts can help you avoid consuming unnecessary sodium.

### **Benefits Of Peanuts After Exercise**

After exercising and for two full days, the body begins to treat the tears that occur in the muscles by increasing the protein synthesis of the muscles in what is known as the building process, so eating peanuts after exercise helps to stimulate this process greatly. It is scientifically known that the rate of muscle protein synthesis increases with the increase in the secretion of male hormone and growth hormone, as peanuts stimulate them greatly.

### **Peanut Butter For Bodybuilding**

Bodybuilders can introduce peanuts to their diet. This butter contains a good amount of vegetable protein, in addition to the nutritional value of plant-based protein, which is considered to be more beneficial to the body than protein that comes from animal sources because it is high in nutritional value.

As for the diet used by bodybuilders, it varies from person to person because it depends on the weight of the player, because the player who weighs 100 kilograms needs twice the amount of protein, and this is unlike the player who weighs about sixty kilograms.

But we would like to point out that some other foods must be added besides peanut butter such as eggs, meat, and other foods.

Two tablespoons of peanut butter, or around 7 grams of protein, equals one typical sandwich. Turkey in a sandwich, on the other hand, has roughly 20 grams of protein per calorie.

## **Peanuts for Muscle Building**

### **Peanut Butter For Cutting**

Peanut butter helps to cut out the muscles, and this is due to the presence of a very high percentage of protein in it, which provides good food for the muscle so that it grows healthy, in addition to that it contains the necessary vitamins to give the muscle enough flexibility to benefit from the exercises well. And with burning fat, the athlete can reach the degree of cutting he wants.

### **Benefits Of Peanuts For Weight Loss**

It helps reduce hunger, which gives a feeling of fullness for a long time due to the presence of fiber in it.

Peanuts help increase fat burning, especially around the abdomen.



## **Peanuts for Muscle Building**

### **HOW MUSCLES GROW**

#### **Introduction**

Personal trainers and fitness professionals often spend countless hours reading articles and research on new training programs and exercise ideas for developing muscular fitness. However, largely because of its physiological complexity, few fitness professionals are as well informed in how muscles actually adapt and grow to the progressively increasing overload demands of exercise. In fact, skeletal muscle is the most adaptable tissue in the human body and muscle hypertrophy (increase in size) is a vastly researched topic, yet still considered a fertile area of research. This column will provide a brief update on some of the intriguing cellular changes that occur leading to muscle growth, referred to as the satellite cell theory of hypertrophy.

#### **Muscle Hypertrophy Summary**

Resistance training leads to trauma or injury of the cellular proteins in muscle. This prompts cell-signaling messages to activate satellite cells to begin a cascade of events leading to muscle repair and growth. Several growth factors are involved that regulate the mechanisms of change in protein number and size within the muscle. The adaptation of muscle to the overload stress of resistance exercise begins immediately after each exercise bout, but often takes weeks or months for it to physically manifest itself. The most adaptable tissue in the human body is skeletal muscle, and it is remarkably remodeled after continuous, and carefully designed, resistance exercise training programs.

#### **Trauma to the Muscle: Activating The Satellite Cells**

When muscles undergo intense exercise, as from a resistance training bout, there is trauma to the muscle fibers that is referred to as muscle injury or damage in scientific investigations. This disruption to muscle cell organelles activates satellite cells, which are located on the outside of the muscle fibers between the basal lamina (basement membrane) and the plasma membrane (sarcolemma) of muscles fibers to proliferate to the injury site. In essence, a biological effort to repair or replace damaged muscle fibers begins with the satellite cells fusing together and to the muscles fibers, often leading to increases in muscle fiber cross-sectional area or hypertrophy. The satellite cells have only one nucleus and can replicate by dividing. As the satellite cells multiply, some remain as organelles on the muscle fiber where as the majority differentiate (the process cells undergo as they mature into normal cells) and fuse to muscle fibers to form new muscle protein stands (or myofibrils) and/or repair damaged fibers. Thus, the muscle cells' myofibrils will increase in thickness and number. After fusion with the muscle fiber, some satellite cells serve as a source of new nuclei to supplement the growing muscle fiber. With

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these additional nuclei, the muscle fiber can synthesize more proteins and create more contractile myofilaments, known as actin and myosin, in skeletal muscle cells. It is interesting to note that high numbers of satellite cells are found associated within slow-twitch muscle fibers as compared to fast-twitch muscle fibers within the same muscle, as they are regularly going through cell maintenance repair from daily activities.

### **Growth factors**

Growth factors are hormones or hormone-like compounds that stimulate satellite cells to produce the gains in the muscle fiber size. These growth factors have been shown to affect muscle growth by regulating satellite cell activity.

Hepatocyte growth factor (HGF) is a key regulator of satellite cell activity. It has been shown to be the active factor in damaged muscle and may also be responsible for causing satellite cells to migrate to the damaged muscle area.

Fibroblast growth factor (FGF) is another important growth factor in muscle repair following exercise. The role of FGF may be in the revascularization (forming new blood capillaries) process during muscle regeneration.

A great deal of research has been focused on the role of insulin-like growth factor-I and -II (IGFs) in muscle growth. The IGFs play a primary role in regulating the amount of muscle mass growth, promoting changes occurring in the DNA for protein synthesis, and promoting muscle cell repair.

Insulin also stimulates muscle growth by enhancing protein synthesis and facilitating the entry of glucose into cells. The satellite cells use glucose as a fuel substrate, thus enabling their cell growth activities. And, glucose is also used for intramuscular energy needs.

Growth hormone is also highly recognized for its role in muscle growth. Resistance exercise stimulates the release of growth hormone from the anterior pituitary gland, with released levels being very dependent on exercise intensity. Growth hormone helps to trigger fat metabolism for energy use in the muscle growth process. As well, growth hormone stimulates the uptake and incorporation of amino acids into protein in skeletal muscle.

Lastly, testosterone also affects muscle hypertrophy. This hormone can stimulate growth hormone responses in the pituitary, which enhances cellular amino acid uptake and protein synthesis in skeletal muscle. In addition, testosterone can increase the presence of neurotransmitters at the fiber site, which can help to activate tissue growth. As a steroid hormone, testosterone can interact with nuclear receptors on the DNA, resulting in protein synthesis. Testosterone may also have some type of regulatory effect on satellite cells.

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### **The Science of Muscle Growth**

Although there are different types of muscles, such as cardiac muscle (your heart), for our concerns, we will talk exclusively about skeletal muscles. Skeletal muscle is composed of thread-like myofibrils and sarcomeres that form a muscle fiber and are the basic units of contraction.

The 650 skeletal muscles in the human body contract when they receive signals from motor neurons, which are triggered from a part of the cell called the sarcoplasmic reticulum. Motor neurons tell your muscles to contract and the better you become at having those signals tell your muscles to contract, the stronger you can get.

When someone like a powerlifter is able to lift very heavy weight despite not looking very muscular, it's due to their ability to activate those motor neurons and contract their muscles better. This is why some powerlifters can be relatively smaller compared to bodybuilders, but can lift significantly more weight. Motor Unit recruitment also helps to explain why, after practice, certain movements become easier to perform and most of the initial strength gains will be when you first start to lift weights. Muscle growth tends to occur more steadily after this initial period of strength gain because you are more easily able to activate the muscles.

### **The Physiology Of Muscle Growth**

After you workout, your body repairs or replaces damaged muscle fibers through a cellular process where it fuses muscle fibers together to form new muscle protein strands or myofibrils. These repaired myofibrils increase in thickness and number to create muscle hypertrophy (growth). Muscle growth occurs whenever the rate of muscle protein synthesis is greater than the rate of muscle protein breakdown. This adaption, however, does not happen while you actually lift the weights. Instead, it occurs while you rest.

So how do you actually add muscle to your muscle cells? This is where Satellite cells come in and act like stem cells for your muscles. When activated, they help to add more nuclei to the muscle cells and therefore contribute directly to the growth of myofibrils (muscle cells). Activating these satellite cells may be the difference between what allows certain "genetic freaks" to grow massive muscles and what makes other people "hard-gainers."

In one of the most interesting studies in the past 5 years, researchers showed that those who were "extreme responders" to muscle growth, with an incredible 58% myofiber hypertrophy from an exercise, had 23% activation of their satellite cells. Modest responders, who had a 28% growth, had 19% activation of their satellite cells. What is interesting to note, though, is that some people known as "non-responders" in the study had 0% growth and had a concurrent

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0% activation of their satellite cells. Therefore, it seems the more you can activate these satellite cells, the more you'll be able to grow.

### **3 Mechanisms That Make Muscles Grow**

Underlying all progression of natural muscle growth is the ability to continually put more stress on the muscles. This stress is a major component involved in the growth of a muscle and disrupts homeostasis within your body. The stress and subsequent disruption in homeostasis causes three main mechanisms that spur on muscle growth.

#### **Muscle Tension**

In order to produce muscle growth, you have to apply a load of stress greater than what your body or muscles had previously adapted too. How do you do this? The main way is to lift progressively heavier weights. This additional tension on the muscle helps to cause changes in the chemistry of the muscle, allowing for growth factors that include mTOR activation and satellite cell activation.

Muscular tension also most dramatically effects the connection of the motor units with the muscle cells. Two other factors help to explain why some people can be stronger, but not as big as other people.

#### **Muscle Damage**

If you've ever felt sore after a workout, you have experienced the localized muscle damage from working out. This local muscle damage causes a release of inflammatory molecules and immune system cells that activate satellite cells to jump into action. This doesn't mean that you have to feel sore in order for this to happen, but instead that the damage from the workout has to be present in your muscle cells. Typically soreness is attenuated over time by other mechanisms.

#### **Metabolic Stress**

If you've ever felt the burn of an exercise or had the "pump" in the gym, then you've felt the effects of metabolic stress. Scientists used to question bodybuilders when they said the "pump" caused their muscles to become larger. After more investigation, it seems as though they were onto something.

Metabolic stress causes cell swelling around the muscle, which helps to contribute to muscle growth without necessarily increasing the size of the muscle cells. This is from the addition of muscle glycogen, which helps to swell the muscle along with connective tissue growth. This type of growth is known as sarcoplasmic hypertrophy and is one of the ways that people can get the appearance of larger muscles without increases in strength.

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### **ROLE OF NUTRITION**

#### **Building Muscle with Nutrition: The Key to Achieving Your Fitness Goals**

Are you looking to build muscle and achieve your fitness goals? If so, you may be wondering what role nutrition plays in muscle building. The truth is, nutrition is a crucial component of any muscle-building program. In this article, we'll explore the importance of nutrition in muscle building and how Fitpaa can help you achieve your goals.

Protein is the building block of muscle, and it's essential to consume enough protein to support muscle growth. The recommended daily intake of protein for muscle building is 1.6-2.2 grams per kilogram of body weight. This means that if you weigh 70 kilograms, you should consume between 112-154 grams of protein per day. Good sources of protein include lean meats, fish, eggs, dairy products, and plant-based sources such as beans, lentils, and tofu.

Carbohydrates are also important for muscle building, as they provide the energy needed for intense workouts. Complex carbohydrates such as whole grains, fruits, and vegetables are the best sources of carbohydrates, as they provide sustained energy without causing spikes in blood sugar levels.

In addition to protein and carbohydrates, healthy fats are also important for muscle building. Omega-3 fatty acids, found in fatty fish such as salmon and mackerel, can help reduce inflammation and improve muscle recovery. Other good sources of healthy fats include nuts, seeds, and avocado.

It's also important to consume enough calories to support muscle growth. If you're trying to build muscle, you'll need to consume more calories than you burn. This is known as a calorie surplus. However, it's important to make sure that the calories you consume come from healthy sources such as lean protein, complex carbohydrates, and healthy fats.

Fitpaa can help you achieve your muscle-building goals by providing personalized nutrition plans based on your metabolism, health, and fitness goals. Our expert team of nutritionists and doctors will create a personalized Fitpaa Capsule that includes a sustainable diet plan, workout plan, and recovery plan. The Fitpaa Capsule is designed to optimize your metabolism and help you achieve your goals with a 100% guarantee.

In addition to personalized nutrition plans, Fitpaa also provides real-time guidance and metabolism management technology to help you stay on track. Our mobile app includes a virtual workout trainer, diet tracker, performance tracking, progress tracking, and much more. You'll also receive unlimited consultations, daily follow-up, and weekly reviews from your fitness planner to keep you motivated and on track.

## **Peanuts for Muscle Building**

In conclusion, nutrition plays a crucial role in muscle building. Consuming enough protein, carbohydrates, and healthy fats, as well as maintaining a calorie surplus, is essential for building muscle. Fitpaa can help you achieve your muscle-building goals by providing personalized nutrition plans, real-time guidance, and metabolism management technology.

### **Fueling Muscles: The Key to Unlocking Your Strength Potential**

Proper nutrition plays a critical role in unlocking your strength potential and fueling your muscles. When it comes to building strength, it's not just about the workouts or the amount of weight you lift. Your body needs the right fuel to perform at its best and recover effectively.

To fuel your muscles and optimize your strength gains, it's important to focus on consuming a balanced diet that includes an adequate amount of protein, carbohydrates, and healthy fats. Protein is essential for muscle repair and growth, while carbohydrates provide the energy needed to power through intense workouts. Healthy fats, such as those found in avocados and nuts, support hormone production and aid in the absorption of vitamins and minerals. Additionally, hydration is key in maintaining muscle function and preventing muscle cramps, so make sure to drink enough water throughout the day.

Remember, building strength is a multifaceted process that requires attention not only to your workouts but also to your nutritional intake. By fueling your muscles with the right foods, you can unlock your strength potential and reach new levels of fitness and performance.

### **Unleashing Your Inner Powerhouse: How Nutrition Powers Muscle Growth**

Good nutrition plays a crucial role in unlocking your inner powerhouse and fueling muscle growth. When it comes to building strength, the food you consume can make or break your progress. Proper nutrition provides the necessary fuel for muscle repair and growth, allowing you to maximize your strength potential.

One important factor to consider is protein intake. Protein serves as the building block for muscle development and repair. Including adequate amounts of lean sources of protein, such as lean meat, poultry, fish, eggs, and plant-based proteins like beans and lentils, can help support muscle growth. It is recommended to spread protein intake throughout the day to optimize muscle protein synthesis. Additionally, consuming carbohydrates is essential to fuel your workouts and replenish muscle glycogen stores. Opt for complex carbohydrates like whole grains, fruits, and vegetables to provide a steady and sustained energy source. Making smart food choices and ensuring you meet your macronutrient needs can give you the power you need to unleash your inner powerhouse and achieve your strength goals.



## **Peanuts for Muscle Building**

### **The Science Behind Muscle Building: Understanding the Nutritional Factors**

Nutrition plays a crucial role in muscle building, as it directly impacts the body's ability to repair and grow muscles after workouts. Understanding the scientific principles behind muscle building can help individuals optimize their nutrition and achieve their strength goals. One vital factor to consider is protein intake. Protein is the building block of muscles, and consuming enough of it is essential for muscle growth. During resistance exercise, muscle fibers undergo microscopic damage, and protein is needed to repair and rebuild these fibers, making them stronger and larger. Consuming an adequate amount of high-quality protein, such as lean meats, poultry, fish, eggs, and dairy products, is crucial to support muscle growth.

Carbohydrates also play a significant role in muscle building, as they provide the necessary energy for workouts and assist in the recovery process. When consuming carbohydrates, it is important to focus on complex sources, such as whole grains, fruits, and vegetables, as they release energy gradually and provide important nutrients and fiber. These complex carbohydrates prevent rapid spikes in blood sugar levels, promoting more stable energy levels throughout the day. Additionally, including a moderate amount of healthy fats, such as avocados, nuts, and olive oil, in the diet is important, as they support hormone production and aid in the absorption of fat-soluble vitamins, which are essential for muscle building.

### **Maximizing Muscle Growth: The Nutritional Strategies You Need to Know**

To maximize muscle growth, it is essential to understand the nutritional strategies that can support and fuel your muscles. Proper nutrition plays a crucial role in providing the necessary building blocks for muscle repair and growth, as well as optimizing energy levels for intense workouts. One key strategy is ensuring an adequate intake of protein, which is essential for muscle synthesis. Including high-quality sources of protein such as lean meats, poultry, fish, eggs, dairy products, and plant-based options like beans and legumes in your diet can help support muscle growth.

Carbohydrates also play a vital role in maximizing muscle growth and fueling your workouts. When consumed, carbohydrates are broken down into glucose, which serves as the primary source of energy for your muscles. Incorporating complex carbohydrates, such as whole grains, fruits, and vegetables, into your meals can provide a sustained release of energy and support muscle glycogen stores. Additionally, consuming carbohydrates before and after your workouts can help optimize muscle recovery and growth. However, it is important to choose nutrient-dense sources of carbohydrates and avoid excessive consumption of refined sugars and processed foods, which can negatively impact overall health and hinder muscle growth.

## **Peanuts for Muscle Building**

### **KEY NUTRIENTS FOR GAINS**

The best foods to build muscle include items high in protein and low in saturated fat. That said, exercise and a well-balanced diet that also includes carbs and fats are the best for optimal results.

Nutrition and regular exercise are both very important for muscle building.

Foods that are high in protein play a key role in retaining and building muscle mass.

Alongside resistance training, research suggests consuming 1.4–2 grams (g) of protein for each kilogram of body weight per day to maximize muscle building.

However, it's important to consume a well-balanced diet that includes healthy carbohydrates and fats. These also play important roles in muscle building, especially for athletes.

### **Muscle building foods for gaining lean muscle**

#### **Eggs**

Eggs contain high quality protein, which could help benefit muscle building and recovery.

Proteins are made up of amino acids, which are the building blocks of protein.

Eggs contain large amounts of the amino acid leucine. This is particularly important for maximizing how your body synthesizes protein for muscle gain.

Eggs also contain a range of other nutrients that could help build muscle, such as:

- phospholipids
- omega-3 fatty acids
- cholesterol
- vitamin D

#### **Salmon**

Salmon is a great choice for muscle building and overall health.

Each 3-ounce (85-g) serving of salmon contains about 17 g of protein, 1.5 g of omega-3 fatty acids, and several important B vitamins.

Omega-3 fatty acids play an important role in muscular health. Research suggests that taking 2 g of omega-3 fatty acid supplements per day may help build muscle mass.

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### **Chicken breast**

Chicken breasts are often considered a staple for gaining muscle because they're packed with protein. Each 3-ounce (85-g) serving contains about 26.7 g of high quality protein.

Chicken breasts also contain generous amounts of the B vitamins niacin and B6. These vitamins may help your body function properly during the physical activity that's necessary for optimal muscle gain.

A 2018 study found that eating high protein foods like chicken after exercising may help promote fat loss while increasing muscle mass and strength.

### **Greek yogurt**

Dairy contains a healthy mixture of fast-digesting whey protein and slow-digesting casein protein.

However, not all dairy is created equal. For example, Greek yogurt often contains approximately double the amount of protein as regular yogurt.

Greek yogurt is a good snack anytime, but eating it after a workout or before bed may be more beneficial. This is due to its mixture of fast- and slow-digesting proteins.

### **Tuna**

Tuna contains nearly 20 g of protein per 3-ounce (85-g) serving. It also has high amounts of vitamin A and several B vitamins, such as B12, niacin, and B6.

These nutrients are important for optimal health, energy, and exercise performance.

Additionally, tuna provides large amounts of omega-3 fatty acids, which may support muscle health. This may be beneficial for older adults because it could help slow the loss of muscle mass and strength that occurs with age.

### **Shrimp**

Shrimp are almost pure protein. Each 3-ounce (85-g) serving contains 19 g of protein, 1.44 g of fat, and 1 g of carbs.

Like many other animal proteins, shrimp contains a high amount of the amino acid leucine. This is necessary for optimal muscle growth.

Adding shrimp to meals is an easy way to get muscle-building protein without adding too many additional calories.

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### **Soybeans**

Half a cup (86 g) of cooked soybeans contains 16 g of protein and healthy unsaturated fats. They're also a good source of several vitamins and minerals, such as vitamin K, iron, and phosphorus.

Iron plays a role in the function of organs, bones, and muscle building. It's used to store and transport oxygen in your blood and muscles. However, iron deficiency can impair these functions.

### **Cottage cheese**

One cup (226 g) of low fat cottage cheese packs 28 g of protein, including a hearty dose of the important muscle-building amino acid, leucine.

Like other dairy products, cottage cheese can be purchased with varying fat content. High fat versions like creamed cottage cheese have more calories.

It's best to choose the type that suits your caloric needs.

### **Turkey breast**

A 3-ounce (85-g) serving of turkey breast contains around 26 g of protein and almost no fat or carbs.

Turkey is also a good source of the B vitamin niacin, which helps process fats and carbohydrates in your body.

### **Beans**

Many different types of beans can be part of a diet for lean muscle gain.

Popular varieties like black, pinto, and kidney beans contain around 15 g of protein per cup (about 172 g) of cooked beans. What's more, they're excellent sources of:

- fiber
- B vitamins
- magnesium
- phosphorus
- iron

### **Protein powders**

While any good diet should focus on whole foods, dietary supplements can sometimes be beneficial.

Protein shakes could help you get more protein into your diet if you have trouble getting enough protein from foods.

## **Peanuts for Muscle Building**

Dairy protein powders, such as whey and casein, are some of the most popular. Other protein powders use soy, pea, beef, or chicken protein.

### **Chickpeas**

Chickpeas, also known as garbanzo beans, are a good source of carbs and protein.

Each 1-cup (164-g) serving of canned chickpeas contains around 15 g of protein and 45 g of carbs, including 13 g of fiber.

As with many plants, the protein in chickpeas is considered lower quality than that in animal sources. However, it can still be part of a balanced muscle-building diet.

### **Peanuts**

Peanuts contain a mix of protein, fat, and carbs. A 1-ounce (28-g) serving contains 7 g of protein, 6 g of carbs, and large amounts of unsaturated fat.

This serving size of peanuts also contains around 166 calories. If you're having a hard time getting enough calories to drive your muscle gain, eating peanuts could be a good way to get some extra calories and nutrients.

### **Tofu**

Tofu is produced from soy milk and is often used as a meat substitute. Soy protein, found in foods like tofu and soybeans, is considered one of the highest quality plant proteins.

Each half-cup (124-g) serving of raw tofu contains 10 g of protein, 6 g of fat, and 2 g of carbohydrates.

Tofu is also a good source of calcium, which is important for proper muscle function and bone health.

### **Pork tenderloin**

Pork tenderloin is a lean cut of meat that provides 23.1 g of protein and only 2 g of fat per 4 ounces (113 g).

Some research from 2014<sup>Trusted Source</sup> has shown that pork has effects similar to those of other muscle building foods, such as beef and chicken.

### **Cow's milk**

Cow's milk provides a mix of protein, carbohydrates, and fats.

Similar to other dairy products, milk contains both fast- and slow-digesting proteins.

## **Peanuts for Muscle Building**

Studies suggest that drinking cow's milk may help promote lean muscle mass and strength when combined with resistance training.

### **Almonds**

One ounce (28 g) of roasted almonds provides 6 g of protein and large amounts of vitamin E, magnesium, and phosphorus.

Among other roles, phosphorus helps your body use carbohydrates and fats for energy at rest and during exercise.

As with peanuts, almonds should be consumed in moderation due to their high calorie content. Half a cup of blanched almonds contains more than 400 calories.

### **Bison**

Similarly to beef, bison provides about 22 g of protein per 3-ounce (85-g) serving.

However, a 2013 study found that bison may be better than beef in terms of the risk of heart disease.

Replacing some beef with bison is an option if you like to eat red meat as part of your muscle building diet but also worry about your heart health.

### **Brown rice**

Although cooked brown rice provides only 6 g of protein per cup (202 g), it has the carbohydrates you need to fuel your physical activity.

Consider eating healthy carb sources like brown rice or quinoa in the hours leading up to exercise. This may allow you to exercise harder, providing your body with a greater stimulus for your muscles to grow.

Plus, some research suggests that rice protein supplements can produce as much muscle gain as whey protein during a weight training program.



## **Peanuts for Muscle Building**

### **NUTRITIONAL BENEFITS OF PEANUTS**

#### **Benefits for Everybody**

No matter your age or weight, peanuts and peanut butter are healthy for you, offer many benefits, and can play an important role in all kinds of diets. Whether they help you lose weight, enhance the nutritional quality of your diet, or prevent the onset of disease, peanuts provide benefits to everyone.

Even those who are malnourished can reach healthy weights when consuming peanut-based foods. And athletes jump to peanuts knowing that their energy supply will be filled with quality nutrients for their metabolism. Adults know peanuts are good for their diet and often snack on them.

#### **Nutritional Benefits**

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#### **Nutrition facts**

Certainly! Here are the approximate nutrition facts for peanuts, based on a standard serving size of 1 ounce (28 grams), which is about a small handful:

- Calories: 160
- Protein: 7 grams
- Fat: 14 grams (of which 7 grams are monounsaturated fat, 4 grams are polyunsaturated fat, and 3 grams are saturated fat)
- Carbohydrates: 6 grams
- Fiber: 2 grams
- Sugar: 1 gram
- Vitamins and Minerals:
  - Vitamin E: 2 milligrams (9% of the Daily Value)
  - Niacin (B3): 4 milligrams (20% of the Daily Value)
  - Folate (B9): 68 micrograms (17% of the Daily Value)
  - Magnesium: 49 milligrams (12% of the Daily Value)
  - Phosphorus: 86 milligrams (9% of the Daily Value)
  - Copper: 0.2 milligrams (15% of the Daily Value)
  - Manganese: 0.6 milligrams (29% of the Daily Value)

## Peanuts for Muscle Building

It's important to note that these values can vary based on the specific type of peanuts (raw, roasted, salted, etc.) and whether they are plain or part of a processed product (like peanut butter). Additionally, these are general values and individual products may have slightly different nutritional profiles. Always check the product label for the most accurate information.

### 15 Health benefits of peanuts

Peanuts offer various health benefits when consumed as part of a balanced diet. Here are some of the potential health benefits of peanuts:

**Rich in Nutrients:** Peanuts are a good source of various essential nutrients, including protein, healthy fats, fiber, vitamins (such as vitamin E, niacin, and folate), and minerals (such as magnesium, phosphorus, and manganese).

**Heart Health:** The monounsaturated and polyunsaturated fats in peanuts may contribute to heart health by helping to lower bad cholesterol levels (LDL cholesterol) and increase good cholesterol levels (HDL cholesterol). The presence of resveratrol, a natural compound found in peanuts, may also have cardiovascular benefits.

**Weight Management:** Despite being calorie-dense, peanuts can be a satisfying and satiating snack. The protein and fiber content can help keep you full, potentially reducing overall calorie intake and aiding in weight management.

**Antioxidant Properties:** Peanuts contain various antioxidants, including resveratrol, which may help protect the body's cells from damage caused by free radicals. Antioxidants play a role in reducing inflammation and supporting overall health.

**Blood Sugar Control:** The combination of protein, healthy fats, and fiber in peanuts may contribute to better blood sugar control. This can be particularly beneficial for individuals with diabetes.

**Nutrient Absorption:** The healthy fats in peanuts may enhance the absorption of fat-soluble vitamins, such as vitamin E, from other foods in the diet.

**Reduced Risk of Certain Diseases:** Some studies suggest that regular consumption of peanuts may be associated with a reduced risk of certain diseases, including cardiovascular disease, diabetes, and certain types of cancer.

**Brain Health:** Peanuts contain nutrients like niacin and resveratrol, which may have neuroprotective properties. Niacin plays a role in cognitive function, and resveratrol has been studied for its potential benefits in supporting brain health.

**Energy Boost:** Peanuts are a good source of energy due to their combination of healthy fats, protein, and carbohydrates. Including peanuts in your diet can provide a sustained release of energy.

## **Peanuts for Muscle Building**

**Muscle Health:** The protein content in peanuts is beneficial for muscle health. It provides essential amino acids that contribute to muscle repair and growth.

**Gut Health:** The fiber in peanuts supports digestive health by promoting regular bowel movements and contributing to a healthy gut microbiota. A healthy gut microbiota is associated with various aspects of overall well-being.

**Mineral Support:** Peanuts contain minerals such as magnesium and phosphorus, which are essential for bone health. These minerals play a role in maintaining the strength and density of bones.

**Anti-Inflammatory Properties:** Some components in peanuts, including resveratrol and other antioxidants, may have anti-inflammatory effects. Chronic inflammation is associated with various health issues, and including anti-inflammatory foods in the diet may contribute to overall well-being.

**Satiety and Weight Control:** The combination of protein, healthy fats, and fiber in peanuts can contribute to a feeling of fullness and satisfaction. This may help with weight control by reducing the likelihood of overeating.

**Versatility in the Diet:** Peanuts are versatile and can be incorporated into various dishes, snacks, and cuisines. This makes it easier for individuals to enjoy the nutritional benefits of peanuts as part of a diverse and balanced diet.

### **Conclusion**

In conclusion, peanuts emerge as a nutritious and versatile addition to a well-balanced diet. Packed with essential nutrients such as protein, healthy fats, fiber, and various vitamins and minerals, peanuts offer a range of health benefits. From supporting heart health and brain function to providing sustained energy and aiding in weight management, the diverse advantages of peanuts make them a valuable component of a healthy lifestyle. However, it's crucial to emphasize moderation, especially considering their calorie density. As with any dietary choice, individual needs and potential allergies must be taken into account. Nevertheless, the overall nutritional profile and versatility of peanuts make them a delightful and healthful option for those seeking both taste and wellness in their diet.

## **Peanuts for Muscle Building**

### **PROTEIN, FATS, AND MORE**

#### **Peanut proteins**

Peanuts are a good source of protein.

The protein content ranges from 22–30% of its total calories, making peanuts a great source of plant-based protein.

The most abundant proteins in peanuts, arachin and conarachin, can be severely allergenic to some people, causing life-threatening reactions.

Adding peanuts to your diet is a great way to add healthy protein. Plus, you'll be consuming key nutrients and bioactives like arginine that can improve your blood pressure, decrease chronic disease risk, and promote longevity.

Since the protein in peanuts is plant-based, it carries with it additional components promoting positive health benefits like fiber and unique bioactives, unlike animal protein.

#### **Does Peanut Butter Have a Lot of Protein?**

Peanuts have been recognized as a valuable protein source since the 1800s. Additionally, peanut butter became highly valued during World War II when meat was not readily available. A one-ounce serving of peanuts—about a handful—is considered a good source of protein based on the United States Department of Agriculture Nutrient Database. How much protein is in peanuts? Peanuts and peanut butter alike provide 7 grams of high quality, plant-based protein to your diet.

#### **Adding Protein to Your Diet with Peanuts & Peanut Butter**

In fact, one early study, called the Optimal Macronutrient Intake Trial for Heart Health (OMNI Heart), compared three diets to determine effects on blood pressure as well as the optimal diet pattern for reducing the risk of cardiovascular disease. The first diet was based on the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasized carbohydrates. The second diet had a higher fat level from healthy unsaturated fats. The third diet had higher protein levels, more than half of which were from plant sources, including peanuts and peanut butter.

The OMNI Heart study showed that, in addition to the benefits of substituting healthy fat for carbohydrates in the DASH diet, substituting healthy protein also further reduced blood pressure and the risk of heart disease.

Adding peanuts to your diet is a great way to add healthy protein. Plus, you'll be consuming key nutrients and bioactives like arginine that can improve your blood pressure, decrease chronic disease risk, and promote longevity.

## **Peanuts for Muscle Building**

### **More Than a Source of Protein, Peanut Butter Can Save the World!**

In addition to their health benefits as a source of protein, peanuts have also gained attention for their incredible sustainability. In fact, to support the planet and the health of its projected population of 10 billion by 2050, the 2019 EAT-Lancet report has advised doubling our consumption of plant-based proteins (like nuts and legumes), and cutting our consumption of red meat and sugars by half.

#### **Fat in peanuts**

Peanuts are high in fat.

In fact, they are classified as oilseeds. A large proportion of the world's peanut harvest is used for making peanut oil (arachis oil).

The fat content ranges around 49% and mainly consists of mono- and polyunsaturated fat, most of which is made up of oleic and linoleic acids.

#### **Healthy Fats: Monounsaturated and Polyunsaturated Fat**

Peanuts, peanut butter, and peanut oil are full of healthy fats. More than 80% of the good fats in peanuts are from heart-healthy unsaturated fats. At least half of that fat is monounsaturated fat, the kind found in olive oil and avocados. Further, more than 30% is polyunsaturated fat, another good fat key for the heart.

At Penn State University, a human study was conducted that providing people diets including peanuts and peanut butter or peanut oil as sources of high monounsaturated fat. The study compared this diet to 1) a low-fat diet higher in carbohydrates, 2) a diet high in olive oil, also high in monounsaturated fat, or 3) a traditional American diet high in saturated fat. Compared to the American diet, subjects following the high monounsaturated fat peanut diets lowered their total cholesterol levels by 11% and "bad" LDL cholesterol levels by 14%, while their "good" HDL cholesterol levels were maintained. The benefits of the peanut diets on cholesterol levels were comparable to the olive oil diet. In addition, the peanut diets reduced triglyceride levels, which were increased in the low-fat diet.

#### **Carbs**

Peanuts are low in carbs.

In fact, the carb content is only about 13–16% of the total weight.

Being low in carbs and high in protein, fat, and fiber, peanuts have a very low glycemic index (GI), which is a measure of how quickly carbs enter your bloodstream after a meal.

This makes them suitable for people with diabetes.

## Peanuts for Muscle Building

### Nutrition facts

Here are the nutrition facts for 3.5 ounces (100 grams) of raw peanuts:

- Calories: 567
- Water: 6.5%
- Protein: 25.8 grams
- Carbs: 16.1 grams
- Sugar: 4.7 grams
- Fiber: 8.5 grams
- Fat: 49.2 grams
- Saturated: 6.28 grams
- Monounsaturated: 24.43 grams
- Polyunsaturated: 15.56 grams
- Omega-3: 0 grams
- Omega-6: 15.56 grams
- Trans: 0 grams

### Vitamins and minerals

Peanuts are an excellent source of various vitamins and minerals, including:

- **Biotin.** Peanuts are one of the richest dietary sources of biotin, which is important during pregnancy.
- **Copper.** A dietary trace mineral, copper is often low in the Western diet. Deficiency may have adverse effects on heart health.
- **Niacin.** Also known as vitamin B3, niacin has various important functions in your body. It has been linked to a reduced risk of heart disease.
- **Folate.** Also known as vitamin B9 or folic acid, folate has many essential functions and is especially important during pregnancy.
- **Manganese.** A trace element, manganese is found in drinking water and most foods.
- **Vitamin E.** A powerful antioxidant, this vitamin is often found in high amounts in fatty foods.
- **Thiamine.** One of the B vitamins, thiamine is also known as vitamin B1. It helps your body's cells convert carbs into energy and is essential for the function of your heart, muscles, and nervous system.
- **Phosphorus.** Peanuts are a good source of phosphorus, a mineral that plays an essential role in the growth and maintenance of body tissues.
- **Magnesium.** An essential dietary mineral with various important functions, sufficient magnesium intake is believed to protect against heart disease.



## Peanuts for Muscle Building

### Other plant compounds

Peanuts contain various bioactive plant compounds and antioxidants.

In fact, they're as rich in antioxidants as many fruits.

Most of the antioxidants are located in peanut skin.

That said, peanut kernels still include:

- **p-Coumaric acid.** This polyphenol is one of the main antioxidants in peanuts.
- **Resveratrol.** A powerful antioxidant that may reduce your risk of cancer and heart disease, resveratrol is most notably found in red wine.
- **Isoflavones.** A class of antioxidant polyphenols, isoflavones are associated with a variety of health effects.
- **Phytic acid.** Found in plant seeds, including nuts, phytic acid may impair the absorption of iron and zinc from peanuts and other foods eaten at the same time.
- **Phytosterols.** Peanut oil contains considerable amounts of phytosterols, which impair the absorption of cholesterol from your digestive tract.

## **Peanuts for Muscle Building**

### **ALLERGIES AND PRECAUTIONS**

#### **Overview**

Peanut allergy is a condition that causes the body's germ-fighting immune system to react to peanuts. It's one of the most common causes of a life-threatening allergic reaction to food. This life-threatening reaction is known as anaphylaxis.

Peanut allergy has been increasing in children. Even if you or your child has shown only a mild reaction to peanuts, it's important to talk to a healthcare professional. There is still a risk of a more serious future reaction.

#### **Symptoms**

Peanut allergies are among the most common food allergies and can be extremely dangerous. In fact, about 1% of the U.S. population suffers from a peanut allergy, and these allergies are responsible for over 80% of fatal anaphylactic reactions. Symptoms of a severe reaction include:

- Difficulty breathing
- Abdominal pain and nausea
- Swelling of the face
- Hives and itching
- Wheezing

Even if your reactions are mild, it's important to see a doctor, as food allergies can worsen over time. The best way to manage a peanut allergy is by strictly avoiding peanut products and carefully reading food labels to prevent exposure.

An allergic response to peanuts usually occurs within minutes after exposure. Peanut allergy signs and symptoms can include:

- Skin reactions, such as hives, redness or swelling.
- Itching or tingling in or around the mouth and throat.
- Digestive problems, such as diarrhea, stomach cramps, nausea or vomiting.
- Tightening of the throat.
- Shortness of breath or wheezing.
- Runny nose.

#### **Anaphylaxis: A life-threatening reaction**

Peanut allergy is the most common cause of anaphylaxis due to food. This medical emergency requires treatment with an epinephrine autoinjector (EpiPen, Auvi-Q, others) and a trip to the emergency room. Epinephrine is also called adrenaline.

## Peanuts for Muscle Building

Anaphylaxis signs and symptoms can include:

- Constriction of airways.
- Swelling of the lips, tongue and throat that makes it hard to breathe.
- A severe drop in blood pressure, also known as shock.
- Rapid pulse.
- Dizziness, lightheadedness or loss of consciousness.

### Causes

Peanut allergy occurs when the immune system flags peanut proteins as harmful. When exposed to peanuts, the immune system releases symptom-causing chemicals into the bloodstream. These chemicals cause an allergic reaction.

Direct and cross-contact with peanuts could cause a reaction:

- **Direct contact.** The most common cause of peanut allergy is eating peanuts or foods that contain peanuts.
- **Cross-contact.** This happens when peanuts get into a product by mistake. It often happens when food is exposed to peanuts during processing or handling.
- **Inhalation.** Breathing in dust or aerosols containing peanuts, such as peanut flour, may cause an allergic reaction.

### Prevention

Studies have shown a strong link between early peanut exposure and lower food allergy risk. In the studies, peanuts were introduced to high-risk babies and children from 4 months to 3 years old. By doing so, their food allergy risk was reduced up to 80%. Children at risk of peanut allergy include those with mild to severe eczema, egg allergy, or both. Before introducing your child to peanuts, discuss the best approach with your child's healthcare professional.

## **Peanuts for Muscle Building**

### **WHY PEANUT BUTTER HELPS**

#### **Why Peanut Butter Works Well For Your Bodybuilding Gains**

Peanut butter has been a staple in our diets since we were kids, of course, unless you have an allergy. But for those who aren't allergic, think of how many peanut butter and jelly sandwiches you've eaten in your life. Most likely tons. But peanut butter is also a worthwhile ingredient in many other foods and can really work with your protein shakes to help all areas of your gains. As a tasty and versatile option, peanut butter has stood the test of time for bodybuilders and other athletes alike.

As a staple food for virtually everyone, this is packed with macronutrients and serves you fat in a healthy way. While we all eat different amounts of it, it is important to remember that there are alternatives for those allergic or seeking a different option. Even for people on a diet, peanut butter is a good option for what it can do and how it can affect your weight loss and muscle building goals.

#### **Benefits For Bodybuilding**

The benefits of putting peanut butter in your diet are great and can work well for those bodybuilding gains. For those looking to capitalize on nutrition and see health benefits, while also increasing performance, peanut butter is definitely a food worth putting on the shelf.

Benefits of peanut butter include:

- **Healthy fats:** Containing a healthy amount of fats, you get this macronutrient into your body so you see the best gains and reach your daily fat intake.
- **Decent protein amount:** It does have a good amount of protein as well to help with those protein needs like muscle growth, recovery, and fat loss.
- **Other vitamins and minerals:** The added benefit is that it also has small amounts of vitamins and minerals, like magnesium and zinc, so these get added to your diet.
- **Versatile food:** As a versatile food, you can put this with many things for that convenient snack and worthwhile benefits.
- **Keeps you more full:** Anything that keeps you more full will help with weight loss and peanut butter is a good choice to include for those who find themselves always hungry.

#### **Why Peanut Butter Is Good For Those Bodybuilding Gains**

Those looking to benefit from a versatile and convenient food will find peanut butter to be the perfect solution. Bodybuilders need those foods that taste good but that can always work to see great gains. Able to provide a good amount of

## Peanuts for Muscle Building

macronutrients, peanut butter is definitely something to consider for your workout, pre or post, meals. Getting the right amount of fats and protein, as well as carbs, is also a big bonus with peanut butter, for you now have a food to balance out those macronutrients.

Ultimately, you want something that can be paired well with other foods, like bread or yogurt, among others, so you only see the best gains. Peanut butter can provide this, but just be careful of calorie count and too much fat, easy things to avoid with diligence.

### Potential Downsides

Like everything, peanut butter does have some potential downsides to address. This will help you better prepare so you don't find this harmful to your gains.

Some downsides are:

- **Calorie count:** It can be high in calories which is something to watch for. With the wrong serving size amount, what you'll find is it is easy to overeat and consume way more calories than intended.
- **Too much fat:** With the wrong serving size, you may take in too much fat, so that is something to consider as well.
- **Allergies:** Of course, those with an allergy should not eat this and while they won't get the benefits of peanut butter, here is where those nice alternatives come into the mix.

### Best Time To Eat Peanut Butter For Workouts

When it comes to the best time to eat peanut butter, it comes down to properly digesting and letting yourself get all of those vital nutrients. Before your workout, eating peanut butter, like in a peanut butter and jelly sandwich, is not a bad idea, as long as you give yourself time to let it settle in your stomach. That feeling when it feels stuck in your throat or upper chest is a killer and can hinder your workout. If you are going to eat before, try to aim for a couple hours to allow for ample digestion time.

For after your workout, this isn't a bad idea, although typically it is important to consume more carbs and protein as opposed to fat. If you have enough protein and carbs in your meal, then having some peanut butter won't make or break your gains.

## **Peanuts for Muscle Building**

### **NATURAL VS. STORE-BOUGHT**

If you're looking to make 2016 the year in which you achieve the body you've always fantasized about, now is the time to get serious. In order to get yourself into the best possible physical condition, you need to ensure that on top of getting plenty of regular physical exercise, you also ensure that you follow a healthy and balanced diet rich in nutrients and low in trans and saturated fats. When it comes to dieting and/or healthy eating, generally speaking there aren't too many foods that we look forward to eating. Of course there are plenty of healthy foods that taste great, but we're talking foods that we actually dream about eating. Peanut butter is one of those foods and if you happen to choose the right sources, not only does it taste fantastic, it will also nourish your body and provide you with numerous health benefits. The key is choosing natural peanut butter as opposed to regular store-bought peanut butter. Natural peanut butter stands head and shoulders above regular peanut butter in terms of taste, texture, and health benefits too. Here we'll be comparing the two and taking a look at just why natural peanut butter is so much healthier.

#### **Regular peanut butter**

Regular peanut butter is the type of peanut butter that you see on 90% of most store shelves. It is mass-produced, it is made solely with the intention of making a profit, and it is far, far unhealthier than natural peanut butters. When big corporations manufacture this peanut butter, they do so with the intention of saving as much money as possible, whilst making as much money as possible in the process. To help make the peanut butter go further for example, palm oils and other vegetable oils are often added to the mixture to help dilute it down and make it go further. These oils are full of fat and calories, and they can lead to numerous health problems including high cholesterol, heart disease, high blood pressure, and even various forms of cancer. Unfortunately the oil isn't the only thing that is added to these products. More often than not, sugar is also added which can increase calories and can also promote diabetes. Salt is another additive that damages our health and this too is often added. On top of this, artificial chemicals, additives, and preservatives are also added to improve the taste and prolong the shelf life. These additives cause way more harm than good and should be avoided at all costs.

#### **Natural peanut butter**

Natural peanut butter is far, far healthier than regular peanut butter as just as the name implies, the peanut butter is all natural. There is nothing added to the product, no oil, so salt, no sugar, and no preservatives and the nuts themselves are 100% natural and organic. The ingredients are basically 100% natural peanuts, which is what makes it so healthy. The oils in peanuts are a source of healthy fats, and the nuts also boast an impressive protein content. Not only are



## **Peanuts for Muscle Building**

you getting a natural and delicious product, but you're also getting a healthy and beneficial product that actually nourishes your body and makes you healthier. If possible, always go with a natural peanut butter as opposed to a regular generic store bought version.

### **What is 'natural' peanut butter?**

Although there are no FDA regulations for products labeled as 'natural' peanut butter, it is most often made with only ground peanuts and added salt, without any emulsifiers like hydrogenated oil that would prevent separating. Some natural peanut butter may include a little oil or molasses for color and flavor.

The major difference between conventional and natural peanut butter often comes down to stirring. Because the oils and solids separate in natural peanut butter, it typically needs to be stirred before spreading onto bread or enjoying in other snacks, while conventional peanut butter may be labeled as 'no-stir.'

Many baked goods like peanut butter cookies actually call for conventional peanut butter, since the looser consistency of natural peanut butter may cause them to spread in the oven.

## **Peanuts for Muscle Building**

### **USING PEANUT BUTTER FOR GAINS**

#### **Peanut Butter for Weight Gain – Best Benefits and Usage Tips**

When it comes to building muscle mass or adding healthy calories to your diet, peanut butter for weight gain is a popular and effective option. This protein-rich spread not only tastes great but also packs a nutritional punch, making it a go-to choice for fitness enthusiasts, underweight individuals, and those seeking a healthier approach to gaining weight.

#### **Why Peanut Butter is Ideal for Weight Gain**

Peanut butter is calorie-dense and nutrient-rich. Just two tablespoons contain around 190–200 calories, 8 grams of protein, 16 grams of fat, and 6 grams of carbohydrates. This makes peanut butter for weight gain a smart, natural, and convenient solution.

Here's why peanut butter stands out:

- **High Caloric Value:** Its calorie-rich nature helps increase total daily intake without requiring large meal portions.
- **Healthy Fats:** Contains monounsaturated and polyunsaturated fats, which are good for heart health.
- **Protein-Rich:** Supports muscle building when combined with strength training.
- **Nutrient-Dense:** Offers essential nutrients like magnesium, potassium, and vitamin E.

#### **Best Ways to Use Peanut Butter for Weight Gain**

Here are several easy and delicious ways to include peanut butter for weight gain in your daily meals:

- **Peanut Butter Shakes**

Blend peanut butter with milk, banana, oats, and a scoop of protein powder for a calorie-dense smoothie that fuels your body and promotes weight gain.

- **Spread on Toast or Whole Grain Bread**

Add 2 tablespoons of peanut butter to toast, top it with banana slices or honey for added nutrition and taste.

- **Mix with Oatmeal or Porridge**

Stir a spoonful of peanut butter into warm oatmeal for a creamy texture and extra calories.

## **Peanuts for Muscle Building**

- **Add to Dips and Dressings**

Use peanut butter in sauces, dips, and salad dressings to increase the caloric content of your meals.

- **Pair with Fruits or Vegetables**

Dip apple slices, carrots, or celery in peanut butter for a healthy and energy-boosting snack.

### **Peanut Butter Timing for Effective Weight Gain**

To make the most of peanut butter for weight gain, it's important to consume it strategically:

- **Pre-Workout:** A spoonful before workouts provides energy.
- **Post-Workout:** Supports muscle repair when combined with carbs and protein.
- **Before Bed:** Consuming peanut butter at night can provide a slow and steady release of calories while you sleep.
- **Between Meals:** Ideal for small, calorie-packed snacks that prevent excessive hunger.

### **What Type of Peanut Butter is Best for Weight Gain?**

When choosing peanut butter for weight gain, opt for natural or organic versions with no added sugar or hydrogenated oils. Look for:

- 100% peanuts (or minimal ingredients)
- No added sugar or salt
- Creamy or crunchy based on preference

Avoid low-fat or "diet" versions, as they are often stripped of healthy fats and replaced with artificial additives.

### **Final Thoughts**

Incorporating peanut butter for weight gain into your diet is a smart and tasty way to increase your calorie intake naturally. With its perfect mix of protein, healthy fats, and essential nutrients, peanut butter supports healthy weight gain when consumed consistently and strategically. Whether you blend it in shakes, spread it on toast, or use it as a dip, peanut butter can help you meet your weight goals efficiently and deliciously. While peanut butter is ideal for gaining weight, those focusing on shedding pounds might opt for a brown bread sandwich for weight loss, using lighter spreads and nutritious fillings to stay on track.

## **Peanuts for Muscle Building**

### **HOW MUCH TO EAT**

#### **How Much Peanuts Can I Eat A Day Bodybuilding?**

That's because in just one ounce of peanuts (or two tablespoons of peanut butter or peanut powder) per day, you can get all the benefits of hard-to-get nutrients, healthy fats, and plant-based protein.

#### **How much peanuts do I need to build muscle?**

Just one tablespoon of peanut butter has four grams of protein, making it a good source of protein for building muscle. Peanut butter is also a good source of monounsaturated fat and antioxidants as well as vitamins and minerals that will help your body stay healthy and function properly.

#### **Can I eat 100 grams of peanuts a day for bodybuilding?**

No problem. You can continue. You will get carbs, fats and proteins also vitamins and minerals. Ground nut is full of unsaturated fats and it does help reduce cholesterol.

#### **Can bodybuilders eat peanuts?**

Peanuts are a common ingredient in bodybuilding diets and for good reason. They are a great source of protein which helps the body to build muscle, healthy fats, and minerals like magnesium and potassium, and provide a variety of important nutrients, including fiber, and healthy fats.

#### **Does peanut increase muscle mass?**

Gym goers need to consume protein in high doses to aid muscle growth and recovery. Peanuts are an excellent source of protein, with 25.8 grams of protein per 100 grams. Peanut butter is an easy to consume snack which fulfills a large part of most gymmers' protein requirements.

#### **Is 100g of peanuts a day too much?**

The recommended limit for how many peanuts you should eat per day is around 42 grams. This is about 16 peanuts. Eating peanuts in moderation is important as they are high in fat and contain a lot of calories. They are healthy food but should not be eaten in excess.

#### **Is it okay to eat 100g of peanuts?**

It's a good thing that you include nuts in your diet. They're known for their protein content. But please know that nuts are eaten in handfuls only. 100 grams is too much, not because of its high fat content but due to something called phytic acid.

## **Peanuts for Muscle Building**

### **How Many Peanuts to Eat for Muscle Gain**

While peanuts are beneficial for muscle growth, moderation is key. The recommended daily intake of peanuts for muscle gain depends on various factors, including your overall diet, caloric needs, and physical activity level. Here's a general guideline:

For sedentary individuals: A handful of peanuts (about 1 ounce or 28 grams) can be a healthy addition to the daily diet.

For active individuals or athletes: Two to three handfuls of peanuts (about 2-3 ounces or 56-84 grams) can be incorporated into the daily diet, spread throughout the day.

It's important to note that these are general recommendations and individual needs may vary. Consulting with a nutritionist or dietitian can help tailor your peanut intake to your specific goals and dietary requirements.

### **The Role of Peanuts in Muscle Recovery and Growth**

Peanuts contribute to muscle recovery and growth in several ways:

- **Protein Synthesis:** The amino acids in peanut protein are essential for the synthesis of new muscle proteins.
- **Energy Supply:** The healthy fats in peanuts provide a sustained source of energy for workouts and recovery.
- **Reducing Inflammation:** Antioxidants like vitamin E help combat oxidative stress and inflammation, which can hinder muscle recovery.

Moreover, the magnesium in peanuts is crucial for muscle function and can help prevent cramps and fatigue.

### **Integrating Peanuts into Your Muscle-Building Diet**

There are various ways to include peanuts in your diet to support muscle growth:

- As a snack between meals to maintain energy levels and provide a protein boost.
- Incorporated into smoothies or shakes for a post-workout recovery drink.
- Added to meals like salads, stir-fries, or oatmeal to increase the protein content.

Remember to account for the additional calories from peanuts in your overall diet to maintain a balanced caloric intake.

## **Peanuts for Muscle Building**

### **BEST TIMES TO EAT PEANUTS**

#### **Introduction**

When it comes to weight loss, choosing the right foods is essential. One of the most underrated yet effective snacks for weight management is peanuts. They are nutrient-dense, satisfying, and versatile. But to maximize their weight loss benefits, timing plays a crucial role. This comprehensive guide will not only reveal the best time to eat peanuts for weight loss but also introduce you to Om International, the leading manufacturer, exporter, and supplier of peanuts.

#### **Best Time to Eat Peanuts**

To get the most out of peanuts in your weight loss journey, timing is key. Here are the best times to eat peanuts for effective weight management:

- **Morning for Breakfast**

Starting your day with a peanut-based breakfast sets the tone for healthy eating. Eating peanuts in the morning gives your body an energy boost and prevents you from feeling hungry later in the day. A handful of peanuts or peanut butter spread on whole grain toast makes for a balanced breakfast rich in protein and healthy fats.

By keeping you full and satisfied, peanuts help you avoid mid-morning snacks, reducing your overall calorie intake. The fiber and protein in peanuts also help kick-start your metabolism, which is crucial for burning calories throughout the day.

- **As a Pre-Workout Snack**

Peanuts make an excellent pre-workout snack. They provide the necessary energy for a high-intensity workout without weighing you down. Eat a small portion of peanuts or peanut butter 30 minutes to an hour before your workout to fuel your body.

The combination of protein, healthy fats, and fiber in peanuts provides sustained energy, allowing you to push through your workout and burn more calories. Plus, you'll be less likely to feel ravenous after exercising, which helps with portion control at mealtime.

- **Mid-Afternoon Snack**

The afternoon slump is real, and it often leads to unhealthy snacking. Instead of reaching for sugary snacks, opt for a handful of peanuts. Peanuts are filling and will keep you satisfied until your next meal, helping you avoid the urge to overeat.

## **Peanuts for Muscle Building**

The healthy fats and protein in peanuts provide sustained energy throughout the afternoon. This not only curbs hunger but also helps you stay focused and productive, making peanuts a perfect snack for those looking to maintain both their health and productivity levels.

- **Post-Workout Recovery**

After a workout, your body needs protein to repair muscle tissues and replenish energy stores. Peanuts provide an ideal combination of protein and healthy fats for post-workout recovery. They help reduce muscle soreness and support muscle growth, both of which are essential for long-term weight loss.

Peanut butter spread on whole-grain crackers or mixed into a smoothie makes for an easy, delicious post-workout snack. This will help your body recover quickly while keeping you full and energized.

- **Before Bed**

Surprisingly, eating peanuts before bed can aid in weight loss. The protein and healthy fats in peanuts promote muscle repair while you sleep. This is especially important if you exercise regularly, as muscle recovery contributes to a higher metabolism.

Additionally, peanuts have been shown to increase the release of ghrelin, a hormone that helps regulate hunger. A small portion of peanuts before bed can keep you from waking up hungry, helping you stay on track with your diet.

## **Peanuts for Muscle Building**

### **PAIRING WITH OTHER FOODS**

#### **Complete Protein Combinations with Peanuts: A Nutritional Guide**

Protein is a vital macronutrient necessary for the building, maintenance, and repair of tissues in the body. A complete protein contains all nine essential amino acids that our bodies cannot produce on their own. While animal products typically provide complete proteins, many plant-based sources do not. Peanuts, for instance, are rich in protein but lack certain essential amino acids. However, by combining peanuts with other foods, it's possible to create a complete protein source. This article explores various combinations that can be mixed with peanuts to achieve a complete protein profile, making it easier for vegetarians, vegans, and health-conscious individuals to meet their protein needs.

#### **Pairing Peanuts with Whole Grains**

- **Whole Wheat Bread:** A classic peanut butter sandwich on whole wheat bread not only tastes great but also combines the methionine in wheat with the lysine in peanuts, creating a complete protein.
- **Brown Rice:** Peanuts or peanut butter can be added to a stir-fry with brown rice for a satisfying meal that rounds out the amino acid profile.
- **Quinoa:** Although quinoa is a complete protein by itself, adding peanuts can boost the overall protein content and add a crunchy texture to your dishes.

#### **Combining Peanuts with Legumes**

- **Beans:** Beans are high in lysine but low in methionine, which complements the amino acid profile of peanuts. Think peanut-infused bean chili or a bean salad with a peanut dressing.
- **Lentils:** Lentils can be mixed with peanuts in a salad or stew, providing a hearty and protein-rich meal.

#### **Mixing Peanuts with Seeds**

- **Sesame Seeds:** The combination of peanuts and sesame seeds, as found in many Asian dishes, can provide a complete protein. Try sprinkling both over a salad or stir-fry.
- **Pumpkin Seeds:** Pumpkin seeds are another excellent complement to peanuts. Together, they can be mixed into granola or trail mix for a protein-packed snack.



## **Peanuts for Muscle Building**

### **Adding Peanuts to Dairy or Dairy Alternatives**

- **Milk:** A glass of milk with a handful of peanuts can serve as a complete protein snack, especially post-workout.
- **Soy Milk:** Soy milk is a complete protein and can be paired with peanuts for an extra protein boost. Consider a peanut butter soy milk smoothie.

### **Conclusion: The Power of Peanut Protein Combinations**

In conclusion, while peanuts alone do not provide a complete protein, they can easily be combined with a variety of other foods to create a balanced amino acid profile. By incorporating whole grains, legumes, seeds, and dairy or dairy alternatives into meals with peanuts, individuals can enjoy the health benefits of a complete protein. This is particularly beneficial for those following plant-based diets or looking to diversify their protein sources.

## Peanuts for Muscle Building

### 6A BREAKFAST - PEANUT BUTTER PROTEIN SHAKE

#### Peanut Butter Protein Shake Recipe

##### Ingredients:

- 1 scoop (25g) vanilla protein powder
- 2 tbsp peanut butter or peanut butter powder (+ more for drizzling)
- 1 frozen banana, in chunks
- $\frac{3}{4}$  cup almond milk
- 1 handful of ice

##### Instructions:

- **Blend Everything:** Add protein powder, peanut butter, banana, almond milk, and ice to a blender.
- **Blend Until Smooth:** Blend on high for 30-60 seconds until creamy and smooth.
- **Adjust Consistency:** Add more almond milk for a thinner shake or more ice for a thicker texture.
- **Drizzle & Serve:** Pour into a glass, drizzle with extra peanut butter, and enjoy!

#### The Ultimate Peanut Butter Protein Shake Recipe

This peanut butter protein shake recipe is designed to maximize your strength and recovery. Here's what you'll need:

- 1 scoop of your preferred protein powder
- 1 tablespoon of natural peanut butter
- 1 cup of unsweetened almond milk or milk of choice
- 1 frozen banana
- $\frac{1}{2}$  cup of Greek yogurt (optional for extra creaminess and protein)
- Ice cubes (adjust to desired thickness)
- A pinch of cinnamon (optional for added flavor)

Follow these simple steps to blend your strength:

- Place all ingredients into a blender.
- Blend on high speed until smooth and creamy.
- Taste and adjust the thickness by adding more milk or ice if necessary.
- Pour into a glass and enjoy immediately for the best flavor and nutrient absorption.

This shake is not only packed with protein but also contains healthy fats from the peanut butter and potassium from the banana, making it a well-rounded post-workout snack or meal replacement.

## **Peanuts for Muscle Building**

### **Chocolate-Peanut Butter Protein Shake**

#### **Ingredients**

- 1 cup unsweetened vanilla soymilk
- $\frac{3}{4}$  cup sliced frozen banana
- $\frac{1}{2}$  cup reduced-fat plain Greek yogurt
- 1 tablespoon cocoa powder
- 1 tablespoon natural peanut butter

#### **Directions**

Combine soymilk, banana, yogurt, cocoa powder and peanut butter in a blender; blend until smooth.

## Peanuts for Muscle Building

### PEANUT OVERNIGHT OATS

#### Ingredients

Here is the simple list of wholesome ingredients you'll need to create this masterpiece. Each component is chosen for its specific contribution to the final taste, texture, and nutritional profile.

- **1/2 cup Rolled Oats (Old-Fashioned Oats):** The foundation of our recipe. These oats absorb the liquid perfectly overnight, resulting in a creamy, chewy texture without turning to mush. Do not use instant or steel-cut oats for this recipe.
- **1/2 cup Milk of Choice:** This provides the liquid needed to soften the oats. You can use dairy milk (whole, 2%, or skim) or any plant-based alternative like almond, soy, oat, or coconut milk for a vegan version.
- **2 tablespoons Creamy Peanut Butter:** The star of the show. It delivers that rich, nutty flavor and a wonderful creaminess. For best results, use a natural, creamy peanut butter where the only ingredients are peanuts and salt.
- **1 tablespoon Chia Seeds:** These tiny powerhouses are essential for creating the thick, pudding-like consistency. They also add a significant boost of fiber, protein, and omega-3 fatty acids.
- **1 tablespoon Maple Syrup or Honey:** For a touch of natural sweetness to balance the richness of the peanut butter. You can adjust the amount based on your preference or omit it entirely.
- **1/2 teaspoon Vanilla Extract:** This enhances all the other flavors in the jar, adding a warm, aromatic depth to the breakfast.
- **A pinch of Salt:** Don't skip this! A tiny pinch of salt elevates the sweetness and makes the peanut butter flavor pop.

#### Instructions

Creating these overnight oats is a simple, two-step process that takes less than five minutes. Follow these instructions for perfect results every time.

- **Combine and Mix:** In a mason jar (about 16 oz or 500ml) or a small bowl with a lid, add the rolled oats, chia seeds, maple syrup (or honey), vanilla extract, and the pinch of salt. Pour in the milk. Add the peanut butter on top.
- **Seal and Shake (or Stir):** Secure the lid on your jar and shake vigorously for about 30 seconds. You want to ensure the peanut butter starts to break up and incorporate with the other ingredients. If using a bowl, or if your peanut butter is very thick, use a spoon to stir everything together until well-combined and no dry clumps of oats remain.

## Peanuts for Muscle Building

- **Refrigerate and Rest:** Once everything is mixed, ensure the oats are submerged in the liquid. Place the sealed jar or covered bowl in the refrigerator for at least 4 hours, but for the best texture and flavor, let it rest overnight (around 8 hours).
- **Enjoy:** The next morning, open the jar, give the oats a final stir to ensure a consistent creamy texture throughout, and enjoy your delicious breakfast straight from the jar or poured into a bowl. Add your favorite toppings just before serving.

### Nutrition Facts

This is an estimated nutritional breakdown per serving. Actual values may vary based on the specific ingredients used (e.g., type of milk, brand of peanut butter).

- **Servings:** 1
- **Calories per serving:** Approximately 450-500 kcal
- **Protein (Approx. 15-20g):** Essential for muscle building and repair, protein also plays a crucial role in keeping you feeling full and satisfied, helping to curb cravings throughout the morning.
- **Fiber (Approx. 10-15g):** A critical nutrient for digestive health. The high fiber content from the oats and chia seeds helps regulate blood sugar, promotes gut health, and contributes significantly to the feeling of fullness.
- **Healthy Fats (Approx. 20-25g):** Sourced primarily from the peanut butter and chia seeds, these monounsaturated and polyunsaturated fats are vital for brain health, reducing inflammation, and providing a long-lasting source of energy.
- **Complex Carbohydrates (Approx. 40-50g):** The rolled oats provide slow-releasing carbohydrates, which offer a steady supply of energy without the spike and crash associated with sugary, refined breakfast foods.
- **Iron (Significant Percentage of RDI):** Oats and peanut butter are good sources of iron, a mineral that is crucial for carrying oxygen in the blood and preventing fatigue.

## **Peanuts for Muscle Building**

### **6B SNACKS - PEANUT ENERGY BITES**

#### **Salted Peanut Protein Energy Bites**

##### **Ingredients**

- 1 cup Medjool dates, pits removed <approx. 13 dates>
- 1/2 cup peanuts, dry roasted
- 1/2 cup cashews, salted
- 1/4 cup whey protein powder, unflavored <I used Momentous Essential unflavored - vanilla should work too>
- 1/4 cup powdered peanut butter
- 1 tsp vanilla extract

##### **Instructions**

- Dump all the ingredients into a food processor. Process for approximately 1 minute.
- Pulse food processor occasionally to evenly chop everything up. Of note, this mixture will be chunky and crumbly. <It will not come together in a ball like the other energy bites recipes around here.> Do not over process or the oil separates from the nuts and things get greasy.
- Roll 1 heaping tablespoon of crumbs into balls. This will make approximately 18 balls.
- Store in the freezer or the refrigerator.

##### **Notes**

##### **Nutrition Facts:**

- 1 ball/bite: 110 kcal | 4 g fat | 16 g carb | 2 g fiber | 5 g protein

##### **Other Thoughts**

- You can use any protein powder you want - however, I highly recommend an unflavored or vanilla whey protein powder.
- Plant based protein powders can be used but make sure to add 1/4 cup - not necessarily one serving.
- These guys are more crumbly than my other energy bites, if you are used to those ones. You just want to squish them into a ball and they hold together great.
- If they aren't coming together well, your dates were probably too dry. You can add a little maple syrup or a couple more dates. Next time, toss your dates in the microwave for 20 seconds to soften them up before putting them in the food processor.

## **Peanuts for Muscle Building**

### **PEANUT POWER ENERGY BITES**

#### **Ingredients**

- 1 cup oats
- $\frac{2}{3}$  cup toasted coconut flakes
- 8 tbsps Whole Earth Golden Roasted Crunchy Peanut Butter
- $\frac{1}{2}$  cup ground flaxseed or wheat germ
- $\frac{1}{2}$  cup chocolate chips or cacao nibs (optional)
- $\frac{1}{3}$  cup honey or maple syrup
- 1 tbsp chia seeds (optional)
- 1 tsp vanilla extract

#### **How to make it**

- Stir all ingredients together in a medium bowl until thoroughly mixed.
- Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls approx. 1 inch diameter.
- Store in an airtight container and keep refrigerated for up to 1 week.

## **Peanuts for Muscle Building**

### **PEANUT BUTTER BARS**

#### **RECIPE 1**

##### **Ingredients**

- 2 cups graham cracker crumbs
- 2 cups confectioners' sugar
- 1 cup butter or margarine, melted
- 1 cup peanut butter
- 1 ½ cups semisweet chocolate chips
- 4 tablespoons peanut butter

##### **Directions**

- Gather all ingredients.
- Mix together graham cracker crumbs, confectioners' sugar, butter or margarine, and 1 cup peanut butter in a medium bowl until well-blended.
- Press evenly into the bottom of an ungreased 9x13-inch pan.
- Place chocolate chips and 4 tablespoons peanut butter in a microwave-safe bowl. Microwave on high, stirring every 15 seconds, until smooth.
- Spread mixture over crust.
- Refrigerate for at least 1 hour before cutting into 12 squares.

#### **RECIPE 2**

##### **Ingredients**

- 1 cup (226 g) butter, melted
- 2 cups (200 g) graham cracker crumbs, 2 sleeves ground to a fine crumb
- 2 cups (227 g) confectioners' sugar
- 1 ½ cups (405 g) peanut butter
- ¼ cup (68 g) peanut butter
- 2 cups (340 g) chocolate chips

##### **Instructions**

- Combine the first four ingredients in a large mixing bowl until well-combined and smooth. Spread evenly into a 9x13 baking dish.
- Combine ingredients for the peanut butter bar chocolate topping in a medium glass bowl. Melt in the microwave for 1 minute at a time on 80% power. Remove from the microwave and stir until smooth. Spread on top of the peanut butter bar base and place in the freezer for 15 minutes.
- Remove from the freezer and cut into individual bars. The size will depend on the number of bars you'd like to serve (20-36 bars).



## **Peanuts for Muscle Building**

### **6C MEALS - PEANUT CHICKEN STIR-FRY**

#### **Easy Peanut Chicken Stir Fry**

##### **Ingredients**

- 1 ½ cups low-sodium chicken broth
- 1 tablespoon cornstarch
- ½ cup creamy peanut butter
- ¼ cup low-sodium soy sauce, or tamari for gluten free
- 2 tablespoons light brown sugar
- 2 teaspoons fresh ginger root, peeled and grated or ginger paste (\*see notes below)
- 2 teaspoons Sriracha, or to taste
- 2 to 2 ¼ pounds boneless skinless chicken breasts, cut into bite-size pieces
- 3 to 4 tablespoons avocado oil, or vegetable oil, divided and as needed
- ½ teaspoon salt
- freshly ground black pepper, to taste
- 1 small crown broccoli, chopped into bite-size pieces
- 1 large red bell pepper, thinly sliced
- 6 ounces cremini mushrooms, rinsed and sliced
- 3 green onions, thinly sliced
- 1 teaspoon minced garlic, (\*see notes below)
- 3 tablespoons chopped cilantro
- 3 tablespoons chopped peanuts
- 1 ½ cups white rice, cooked according to the package directions (\*\*see notes below)

##### **Instructions**

- Whisk together the chicken broth and cornstarch until cornstarch has completely dissolved. Add peanut butter, soy sauce, brown sugar, ginger, and Sriracha, whisking until smooth. Set aside.
- Add 2 tablespoons of oil to a large skillet or wok. Stir-fry chicken in batches to avoid overcrowding the pan, adding additional oil between batches if necessary. Season with salt and fresh ground black pepper and stir-fry for several minutes or until no longer pink. Transfer cooked chicken to a plate with a slotted spoon and set aside.
- Add an additional 1 tablespoon of oil to the pan and add broccoli and red bell pepper. Cook, stirring for several minutes, or until beginning to get tender. Add mushrooms and green onions; stir-fry 3 to 4 minutes longer or until all vegetables are crisp-tender. Add green onions and garlic; cook 1 minute longer.

## Peanuts for Muscle Building

- Whisk peanut sauce once more and add to the pan. Bring to a low simmer; cook and stir for a minute or two until thickened. Add chicken and heat through.
- Sprinkle it with cilantro and chopped peanuts and serve over rice.

### Storage Tips

- **Peanut Chicken Stir Fry:** Let the stir fry cool completely before transferring it to an airtight container. Store it in the fridge for up to 4 days. The sauce may thicken a bit after chilling—just stir in a splash of water when reheating to loosen it up.
- **Cooked White Rice:** Transfer the cooked and cooled white rice to a container and refrigerate for up to 4 days. To reheat, sprinkle it with a little water and microwave covered (or reheat on the stove with a splash of water) until hot and fluffy.
- **Freezing:** Both the stir fry and the rice can be frozen separately. Store in freezer-safe containers for up to 2 months. Thaw overnight in the fridge and reheat as directed above.

## **Peanuts for Muscle Building**

### **PEANUT POWER BOWL**

#### **Type 1**

##### **Ingredients**

- 1/4 cup of quinoa or brown rice

Choose a lean protein source which can include lean beef, chicken, pork, eggs or beans.

- Pick 2-3 different types of veggies
- 1/4 cup +1 TB water
- 1/2 cup peanut powder
- 2 tsp low sodium soy sauce
- 1 TB lime juice
- 1 TB brown sugar
- 1 tsp finely minced garlic cloves
- Crushed peanuts for topping

##### **Instructions**

- Build Your Base With Whole Grains. Whole grains provide a good source of fiber. I would recommend about 1/4 cup of quinoa or brown rice.
- Add Your Protein. Choose a lean protein source which can include lean beef, chicken, pork, eggs or beans.
- Pick Your Veggie. Pick 2-3 different types of veggies! The more color you add, the better!
- Dress it up with a healthy fat source! For this power bowl, I used a spicy peanut dressing:
- And finally, top it off with peanuts for extra power!

## Peanuts for Muscle Building

### 7A STRENGTH TRAINING BASICS

#### Are peanuts good for strength training?

Yes, peanuts can be a beneficial and convenient food choice for individuals engaged in strength training, offering a robust profile of protein, healthy fats, fiber, and essential micronutrients that support muscle growth, energy levels, and overall recovery.

#### The Nutritional Powerhouse: What Peanuts Offer

Peanuts, botanically legumes but culinarily often treated as nuts, are a nutrient-dense food that can significantly contribute to a strength trainer's diet. Their comprehensive nutritional profile makes them a valuable addition:

- **Protein:** Peanuts are an excellent plant-based source of protein, essential for muscle repair, growth, and synthesis. A typical serving (about 1 ounce or 28 grams) provides around 7 grams of protein.
- **Healthy Fats:** Primarily monounsaturated and polyunsaturated fats, including oleic and linoleic acids. These healthy fats are crucial for hormone production (including testosterone, vital for muscle growth), nutrient absorption, and providing sustained energy.
- **Fiber:** High in dietary fiber, peanuts aid in digestive health, promote satiety, and help regulate blood sugar levels, preventing energy crashes that can hinder training.
- **Micronutrients:** Peanuts are rich in various vitamins and minerals critical for athletic performance:
- **Magnesium:** Involved in over 300 biochemical reactions, including muscle and nerve function, blood glucose control, and energy production.
- **Potassium:** An electrolyte vital for fluid balance, nerve signals, and muscle contractions, helping prevent cramps.
- **B Vitamins (Niacin, Thiamine, Folate):** Play key roles in energy metabolism, converting food into usable energy for workouts.
- **Zinc:** Important for immune function, protein synthesis, and hormone regulation.
- **Phosphorus:** Essential for bone health and energy storage (ATP).
- **Antioxidants:** Such as resveratrol, which may help reduce inflammation and oxidative stress from intense exercise.

#### How Peanuts Support Strength Training Goals

The unique combination of macronutrients and micronutrients in peanuts directly supports the physiological demands of strength training:

## Peanuts for Muscle Building

- **Muscle Repair and Growth:** The high-quality plant protein in peanuts provides the amino acids necessary for repairing microscopic muscle tears that occur during strength training and subsequently building new muscle tissue (hypertrophy).
- **Sustained Energy for Performance:** The healthy fats and complex carbohydrates offer a steady release of energy, helping to fuel prolonged training sessions without rapid blood sugar spikes and crashes. This sustained energy is particularly beneficial for endurance within a strength workout.
- **Electrolyte Balance and Muscle Function:** Magnesium and potassium are critical electrolytes that support proper muscle contraction, nerve transmission, and fluid balance, reducing the risk of fatigue and cramping during intense lifts.
- **Metabolic Support and Recovery:** B vitamins facilitate the metabolic processes that convert food into energy, optimizing your body's ability to utilize nutrients. Zinc supports immune function, helping your body recover from the stress of training and stay healthy.
- **Satiety and Calorie Management:** The fiber and fat content contribute to a feeling of fullness, which can be advantageous for managing overall calorie intake, whether aiming for muscle gain or fat loss, by reducing unnecessary snacking.

### Optimal Timing and Portion Control

While beneficial, the timing and quantity of peanut consumption can influence their effectiveness for strength training:

- **Pre-Workout:** A small serving of peanuts or peanut butter 1-2 hours before training can provide sustained energy without causing digestive upset. Pair with a fast-acting carbohydrate like a banana for immediate fuel.
- **Post-Workout:** Within the anabolic window (ideally 30-60 minutes post-exercise), peanuts can contribute to protein intake for muscle repair. However, they are slower-digesting due to fat content, so combining them with a faster-digesting protein source (like whey) and simple carbohydrates is often recommended for immediate recovery.
- **As a Snack:** Peanuts make an excellent, convenient, and portable snack between meals to maintain energy levels and contribute to daily protein and calorie targets.
- **Portion Control:** Peanuts are calorie-dense due to their fat content. While these are healthy fats, excessive consumption can lead to a caloric surplus beyond your goals. A standard serving size is typically 1 ounce (about 28 grams or a small handful), providing approximately 160-170 calories. Monitor your intake to align with your overall dietary strategy.

## Peanuts for Muscle Building

### Potential Considerations and Downsides

Despite their benefits, there are a few points to consider when incorporating peanuts into a strength training diet:

- **Calorie Density:** As mentioned, their high calorie count requires mindful portioning, especially for those in a caloric deficit for fat loss.
- **Allergies:** Peanut allergies are common and can be severe. Individuals with known allergies must avoid peanuts and peanut products entirely.
- **Sodium Content:** Many commercially processed peanut products (e.g., salted peanuts, some peanut butters) can be high in sodium. Opt for unsalted or low-sodium varieties to avoid excessive sodium intake, which can impact blood pressure and fluid balance.
- **Aflatoxins:** Peanuts can be susceptible to contamination by aflatoxins, a type of mold toxin, if stored improperly. Purchasing from reputable sources and storing peanuts in a cool, dry place can mitigate this risk.
- **Omega-6 Fatty Acids:** While peanuts contain healthy fats, they are higher in omega-6 fatty acids compared to omega-3s. Maintaining a balanced omega-6 to omega-3 ratio is important for reducing inflammation. Ensure your diet includes sources of omega-3s (e.g., fatty fish, flaxseeds) as well.

### Incorporating Peanuts into Your Strength Training Diet

- **Whole Peanuts:** Enjoy as a snack, added to trail mix, or sprinkled over salads and stir-fries. Opt for dry-roasted or raw, unsalted varieties.
- **Peanut Butter:** A versatile option for sandwiches, smoothies, oatmeal, or as a dip for fruits and vegetables. Choose natural peanut butter with minimal ingredients (just peanuts, maybe a little salt) to avoid added sugars and unhealthy oils.
- **Peanut Flour/Powder:** A lower-fat, higher-protein alternative that can be added to smoothies or used in baking.

## **Peanuts for Muscle Building**

### **7B PEANUTS FOR ENERGY AND RECOVERY**

#### **Nutritional Benefits of Peanuts**

Peanuts are a nutrient-rich food that provides a range of benefits for individuals looking to support muscle recovery. Some of the key nutritional benefits of peanuts include:

- **High protein content for muscle repair:** Peanuts are an excellent source of protein, containing approximately 20-25 grams of protein per 100 grams. This makes them an ideal snack for individuals looking to support muscle repair and recovery after exercise.
- **Rich in healthy fats for sustained energy:** Peanuts are also rich in healthy fats, including monounsaturated and polyunsaturated fats. These fats provide sustained energy and support the absorption of essential vitamins and minerals.
- **Good source of essential vitamins and minerals:** Peanuts are a good source of essential vitamins and minerals, including vitamin E, magnesium, and potassium. These nutrients play a crucial role in supporting muscle function and recovery.

#### **Role of Peanuts in Muscle Recovery**

Peanuts play a crucial role in supporting muscle recovery after exercise. Some of the key ways in which peanuts support muscle recovery include:

- **Protein helps to rebuild muscle tissue:** The protein content in peanuts helps to rebuild and repair muscle tissue after exercise. This is especially important after resistance training or high-intensity exercise.
- **Antioxidants reduce muscle soreness and inflammation:** Peanuts contain a range of antioxidants, including vitamin E and polyphenols. These antioxidants help to reduce muscle soreness and inflammation after exercise.
- **Healthy fats support energy production:** The healthy fats in peanuts provide sustained energy and support the production of energy-rich molecules, such as ATP.

#### **Benefits of Peanuts for Muscle Recovery**

- Supports muscle repair and recovery
- Reduces muscle soreness and inflammation
- Provides sustained energy

In terms of the optimal amount of peanuts to consume for muscle recovery, research suggests that 1-2 ounces (28-57g) of peanuts per day can be beneficial. This can be consumed as a snack or added to meals and smoothies.

## **Peanuts for Muscle Building**

### **Incorporating Peanuts into Your Diet**

There are several ways to incorporate peanuts into your diet to support muscle recovery. Some suggestions include:

- **Snack on peanuts or peanut butter after exercise:** Peanuts or peanut butter make an excellent post-exercise snack, providing protein and healthy fats to support muscle recovery.
- **Add peanuts to your post-workout smoothie or meal:** Adding peanuts to your post-workout smoothie or meal can help to support muscle recovery and provide sustained energy.
- **Use peanut butter as a nutritious spread:** Peanut butter is a nutritious spread that can be used on toast, crackers, or as a dip for fruit.

### **Peanuts can energize your workout**

When exercising, it's important to give your body the right fuel. One way is by giving your body fats that it can turn into energy. Peanuts contain "good" fats, which is part of why they're referred to as an "energy-dense" food. But if hearing "fat" scares you, don't worry. At least 50% of that fat comes from the heart-healthy, monounsaturated kind.

### **Peanuts help muscle growth and recovery**

Another way peanuts can help your workout plan is with protein. And, at 7g per ounce, they contain more of it than any other nut. Getting plenty of protein in your diet is essential for acquiring the types of amino acids that help your muscles grow, recover, and stay healthy. One study found that "peri-exercise protein" plays a potentially useful role in optimizing physical performance and positively influencing your recovery process.

So, if you want to really plus-up your post-workout, consider a snack of peanut butter on whole grain toast, along with a peanut powder-powered smoothie, which all contain amino acids that can assist in muscle repair.

If you're weighing your options, peanut butter contains around 8g per two tablespoons, while peanut powder contains about 40-50% protein.

### **Peanuts help you manage your weight**

If your workout goal includes weight loss, peanuts have even more to offer. In fact, in a meta-analysis study, it was found that nut intake may be associated with a decreased risk of obesity and lower body weight measures.

One reason why could be that they help you feel fuller, longer. Peanut butter has also been shown to help reduce the kind of spikes in blood sugar that can lead to "crashes," and pick-me-up snacking.



## Peanuts for Muscle Building

### 7C SAMPLE MEAL AND WORKOUT PLAN

#### 7 Days Meal Plan

Eating plans will vary from person to person, and different coaches and nutritionists may make varying recommendations based on various factors.

Below is a sample 7-day meal plan for bodybuilding. These foods provide the balance of macronutrients that a person needs to maintain health while following a body-building exercise program. The quantity of each food will vary based on the person's gender, size, age, and, most importantly, whether they are in the bulk phase of building muscle or the cutting phase of losing body fat while preserving muscle.

##### Day 1

- **Breakfast:** scrambled eggs, stir-fried veggies, and oatmeal
- **Snack:** whey protein shake
- **Lunch:** grilled chicken breast, mixed greens, and baked sweet potato
- **Snack:** hard-boiled egg(s), carrot sticks, and whole grain crackers
- **Dinner:** broiled fish, green beans with brown rice

##### Day 2

- **Breakfast:** protein pancakes with fresh berries
- **Snack:** apple slices and almonds
- **Lunch:** lean ground beef burger on lettuce with tomato, onion, and green beans and a side of roasted potatoes
- **Snack:** protein shake
- **Dinner:** shrimp stir-fried with bell pepper and brown rice over spinach

##### Day 3

- **Breakfast:** Greek yogurt, almonds or walnuts, whole grain granola, and fresh berries
- **Snack:** protein shake
- **Lunch:** grilled fish with a spinach salad, quinoa and broccoli
- **Snack:** egg white omelet with bell peppers and mushrooms, and an English muffin
- **Dinner:** chicken breast topped with fresh salsa with a sweet potato and a side salad

##### Day 4

- **Breakfast:** oatmeal with berries and scrambled eggs
- **Snack:** turkey breast with carrots and celery and a baked potato
- **Lunch:** sirloin steak with broccoli and mushrooms

## Peanuts for Muscle Building

- **Snack:** apples with natural nut butter and a turkey in a whole wheat pita with hummus
- **Dinner:** broiled fish, brown rice, and a mixed green salad

### Day 5

- Breakfast: protein shake with oatmeal
- Snack: hard-boiled egg whites with sliced peppers, hummus, cucumbers, and whole grain crackers
- Lunch: grilled chicken with white bean, quinoa and tomato salad
- Snack: Greek yogurt with berries and nuts
- Dinner: grilled fish with quinoa and green beans

### Day 6

- **Breakfast:** scrambled egg whites with cheese, peppers, herbs, and whole grain bread
- **Snack:** protein shake
- **Lunch:** grilled chicken breast with bell peppers, black beans, corn and onions over romaine lettuce
- **Snack:** apple and almonds
- **Dinner:** sirloin steak with sweet potato and asparagus

### Day 7

- **Breakfast:** Greek yogurt with whole grain granola and berries
- **Snack:** turkey breast with carrots and celery sticks
- **Lunch:** grilled chicken breast over spinach with quinoa, sliced strawberries and almonds
- **Snack:** protein shake and carrots with hummus
- **Dinner:** shrimp stir-fried with peppers, onions, and broccoli over brown rice

## What Is the Best Gym Workout Plan to Gain Muscle?

The best muscle-gain workout program isn't made up of arbitrary exercises or lifting the maximum loads; rather, it is a set of structured, science-based approaches aimed at targeting all major muscle groups, allowing the application of progressive overload, and ensuring adequate recovery.

To achieve muscle growth through a good workout plan, the primary focus should be on compound exercises, such as squats, deadlifts, bench presses, and pull-ups. These compound exercises engage multiple muscle groups simultaneously, stimulate the greatest growth potential in the muscles, and contribute to gaining both size and strength. This must be followed up with isolation exercises such as bicep curls, tricep extensions, and lateral raises to carve out those smaller muscles for finer definition.

## **Peanuts for Muscle Building**

One of the most renowned and consistently efficient gym routines for building muscle is the PPL split:

- **Push (Day 1):** Chest, shoulders, triceps
- **Pull (Day 2):** Back, biceps
- **Legs (Day 3):** Quads, hamstrings, glutes, calves
- **Days 4–6:** Repeat the cycle or rest as preferred

This ensures that each muscle group receives stimulation twice per week—an excellent frequency for hypertrophy.

Progressive overload is the foundation. That is, to gradually increase the weight, repetitions, or the number of sets as time progresses, to continually challenge the muscle; otherwise, it would just be a stationary phase in your gains.

Rest and recovery are just as important. Muscles grow outside the gym; they do not grow during the workout. Therefore, strive for seven to eight hours of quality sleep and at least one or two days off. Overtraining can lead to exhaustion, poor performance, and increased risk of injury.

Nutrition is important too. Supplements are beneficial; however, it is entirely possible to adhere to a well-designed muscle-gaining workout plan without supplements if the diet consists primarily of protein, healthy fats, and complex carbohydrates, which aid in recovery and growth, respectively. In short, the most effective workout plan for gaining muscle is one that is consistent, challenging, and balanced.

Whether an individual is a beginner or a skinny person trying to bulk up, the best approach for achieving permanent muscle gains is a framework that involves compound lifts, progressive overload, smarter splits, and effective recovery.

### **Best Exercises to Build Muscle in the Gym**

Focus on compound movements that activate multiple muscle groups:

- Squats (quads, hamstrings, glutes)
- Deadlifts (back, glutes, legs)
- Bench Press (chest, shoulders, triceps)
- Pull-Ups (back, arms)
- Overhead Press (shoulders, triceps)
- Rows (back, biceps)

These exercises build the foundation. Add isolation moves for volume and muscle shape.

## **Peanuts for Muscle Building**

### **Gym Plan for Build Muscle**

If you're naturally skinny (ectomorph), the key is to train heavy, eat big, and recover well. Sample 4-Day Split for Skinny Guys:

#### **Day 1: Upper Body (Push)**

- Bench Press – 4x8
- Overhead Press – 3x10
- Incline Dumbbell Press – 3x12
- Tricep Dips – 3x15

#### **Day 2: Lower Body (Legs)**

- Squats – 4x8
- Romanian Deadlifts – 3x10
- Leg Press – 3x12
- Calf Raises – 3x20

#### **Day 3: Rest or Active Recovery**

#### **Day 4: Upper Body (Pull)**

- Deadlifts – 4x6
- Pull-Ups – 3x10
- Bent-over Rows – 3x12
- Bicep Curls – 3x15

#### **Day 5: Legs & Core**

- Lunges – 3x12
- Front Squats – 3x10
- Hamstring Curls – 3x15
- Plank – 3x60 sec

### **Conclusion**

Gaining muscle takes time, like running a marathon. The most effective workout plan to build muscle is one you can keep up with, finding the right mix of heavy lifting, enough rest, and a thought-out diet. If you're thin or new to this, the main thing is to keep at it, push yourself a bit more each time, and don't rush. Let your growing strength do the talking instead of making excuses.

### **8A COMMON MYTHS ABOUT PEANUTS**

#### **5 Myths and Truths about Peanuts**

##### **Are All Peanut Products Off-Limits for People with Peanut Allergies?**

For the most part, yes, but there is one big exception—highly refined peanut oil. The Food and Drug Administration (FDA) states that highly refined oils, such as peanut oil, are not considered "major food allergens." That's because the protein, which triggers the allergic response, has been removed from the oil.

While there may still be a very small trace of protein in the oil, the FDA claims it's not sufficient to trigger an allergic response. That being said, it's understandable not wanting to take the risk when so many other oils are out there.

**Of note:** Aromatic peanut oil is less refined and contains peanut protein. If you have a peanut allergy, this oil needs to be avoided.

##### **Can Peanuts Lead to Weight Gain?**

Like other nuts, peanuts have good-for-you mono- and polyunsaturated fats. And just because they contain fat, it doesn't mean they'll lead to weight gain if you're mindful of your portion size. For example, a 1-ounce serving of peanuts (32 nuts) delivers 161 calories, per the USDA, and can fit into a balanced eating plan.

Peanuts might even help with weight loss. In a 2022 study in *Nutrients*, researchers compared two groups. One group ate a reduced-calorie diet plus 35 grams of peanuts prior to two main meals each day. The other group ate a typical low-fat diet. Both groups had similar amounts of weight loss and similar blood sugar levels after six months. And compared to the low-fat diet group, the peanut-eating group had greater reductions in blood pressure.

Like other nuts, peanuts also contain fiber, which helps make them satiating. That 1-ounce serving of peanuts has about 2.5 g of fiber. And we know that fiber helps with weight loss.

##### **Do Peanuts Contain Anti-Aging Compounds?**

Peanuts contain resveratrol, the same polyphenol found in red wine. Studies, including a 2022 review in *Molecules*, suggest that resveratrol is anti-inflammatory and may help prevent infections, heart disease and cancer.

Resveratrol may also have anti-aging effects on your skin. A 2022 review in *Advances in Dermatology and Allergology* suggests that this polyphenol may help protect the skin against the harmful effects of type B ultraviolet rays. These

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researchers also state that resveratrol may enhance collagen synthesis—which could reduce wrinkles—and accelerate skin healing following surgery or injury.

### **Is Peanut Flour Gluten-Free?**

Although peanut flour would definitely be an allergen for people with peanut allergies, it is gluten-free. So, if you need gluten-free flour and are not allergic to peanuts, peanut flour might be a good option. It has a slightly nutty flavor and can be used in baking or to coat fish or chicken before it's sautéed.

Interestingly, peanut flour is high in protein and fiber and comes in different levels of "defatted-ness" (flour that has had more oil pressed out of it is higher in protein).

### **Do People Who Eat Peanuts Have Lower Rates of Chronic Diseases?**

According to a 2022 review in *Frontiers in Nutrition*, eating peanuts can lower blood triglycerides (fat). This could, in turn, reduce heart disease risk by curbing blockages in the arteries leading to the heart.

A 2019 review in *Nutrients* found that nut eaters were less likely to die from any cause, including cancer, cardiovascular disease, infectious diseases, liver disease and kidney disease. In this study, nuts included peanuts, walnuts, seeds and other nuts.

### **The Bottom Line**

While peanuts are not technically nuts, they share many of the same characteristics and health benefits as nuts. If you're allergic to peanuts, highly refined peanut oil might be OK to use, but you must weigh the potential risk. If you're not allergic to peanuts and you like their nutty flavor, feel free to include them in your nutrition plan. We like them in both sweet and savory dishes, from satisfying smoothies that have peanut butter in them to tasty noodle dishes that include peanuts.

## **Peanuts for Muscle Building**

### **8B FAQs**

It is easy to talk about peanuts and sustainability. Peanuts are a naturally sustainable crop and one of nature's original "zero-waste" plants. From roots to shells, every part is utilized throughout the planting, growing, harvesting and production process. Peanuts are water efficient and enrich the soil with fertilizer; farmers are producing more peanuts on the same land with fewer inputs.

Plus, many of today's peanut growers are multigenerational—honoring the past and preparing their land to produce food and fiber for the future generations. It doesn't get much more sustainable than that. Read on for more about peanuts and sustainability and discover what makes the humble peanut a sustainability star.

#### **How much water does it take to produce one ounce of peanuts?**

It takes 3.2 gallons of water to produce one ounce of peanuts. Efficient water usage is strongly connected to peanuts and sustainability. The deep roots of the peanut plant allow the crops to seek water from deep in the soil. Most peanut fields are non-irrigated and rely solely on rainwater. Because of this, they have one of the smallest carbon footprints of any nut. Peanut plants are also hardy during water shortages because they can pause their growth and consume less water in times of drought.

This water footprint chart shows how many gallons of water are used to produce an ounce of each major nut in the United States. Peanuts have the smallest water footprint, using 3.2 gallons of water to produce one ounce. While most major nuts are water efficient, tree nuts require significantly more water than peanuts. Almonds use 28.7 gallons of water, pistachios use 23.6 gallons of water and walnuts use 26.7 gallons of water.

#### **Are peanuts sustainable?**

Peanuts and sustainability go hand in hand. Peanut farmers are making continuous improvements in water conservation, chemical reduction and land resource management. When comparing the carbon footprint of nuts, peanuts have one of the smallest.

Through the new Peanut Trust Protocol program from the American Peanut Council, sustainability and conservation practices that peanut farmers are already doing (e.g., low- or no-tillage, GPS usage, irrigation control) will be captured and sustainability improvements will be tracked over time

When looking at the sustainability of nuts, peanuts (which are botanically a legume) shine because they have the unique ability to improve the soil in which they grow. Peanuts are nitrogen fixing, which means the plant takes nitrogen from the air and turns it into food. Because of that, peanut plants do not need a

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lot of extra fertilizer and are able to rely on the nutrition left by previous crops. After peanut harvest, the plant matter in the field is often reincorporated into the soil to provide a head start on nutrition for the next crop planted. Farmers utilize peanuts as a rotation crop because peanuts add to the soil, rather than taking away.

Peanuts are efficient users of resources requiring less water, fertilizers and pesticides, which means peanut production has a reduced carbon footprint.

### **Do peanuts use regenerative agriculture?**

Regenerative agriculture has not yet been clearly defined. But at its core, regenerative ag is about soil health – keeping carbon in the ground, reducing tillage, using cover crops and increasing biodiversity. Regenerative agriculture is tied to peanuts and sustainability as both organic and conventional peanut farmers use regenerative practices.

### **What surprising ways are peanut byproducts used?**

Peanut vines, peanut roots, peanut shells and peanut oil all play a part in peanuts and sustainability. Scientist and researcher George Washington Carver is well known for inventing and promoting hundreds of uses for all parts of the peanut, including publishing *How to Grow the Peanut and 105 Ways of Preparing It for Human Consumption* in 1917.

When peanuts are harvested, they are separated from the green, vine-like plants from which they grow. The vines can be turned into organic fertilizer for subsequent crops, or they can be dried to make legume-based hay for cattle, goats and pigs. This hay carries many of the same properties as alfalfa at a much lower cost.

Peanut hulls—the fibrous, crunchy shell that house the peanut kernels—can be turned into pellets for a variety of applications like absorbents, soil additives and even as a source of biofuel. Peanut pellets can be used as a renewable source of biofuel that help contribute to energy production, reduce waste by repurposing discarded hulls and reduce use of non-renewable energy resources.

Peanut shells or peanut hulls can also be composted. Compost is a mixture of “browns” (branches, twigs, leaves, etc.), “greens” (grass clippings, vegetable and fruit trimmings, etc.) and water. The ever-versatile peanut can be a valuable addition to compost as a “brown” ingredient. The carbon that peanuts contain acts as a valuable energy source for the microorganisms that help break down compost.

Peanut oil can be used in cooking and it also has commercial uses. Soap can be made from peanut oil. Peanut oil also has potential as biodiesel to offset conventional diesel fuel use and cost.



## **Peanuts for Muscle Building**

### **HOW MANY PEANUTS DAILY?**

#### **"Some Peanuts a Day. . . Keeps the Doctor Away"**

Great news for lovers of peanuts! New research shows that peanuts are one of the healthiest nuts you can eat. A recent study found that regularly eating peanuts may have a positive impact on our risk of heart disease and diabetes, as well as increase our intake of fiber and vitamin E.

Peanuts provide more than 25% of the total protein and healthy fats in a typical diet. That makes them an excellent addition to almost any diet plan.

Peanuts are high in protein and other nutrients. Peanuts are considered a healthy food because they have numerous benefits. They are rich in vitamins, minerals, and healthy fats.

#### **How Many grams of Peanuts Per Day?**

The recommended limit for how many peanuts you should eat per day is around 42 grams. This is about 16 peanuts. Eating peanuts in moderation is important as they are high in fat and contain a lot of calories. They are healthy food but should not be eaten in excess. Two tablespoons of peanut butter are about 16 peanuts. Six pieces of peanut brittle are about 42 grams. Three tablespoons of roasted peanuts are about 14 grams.

#### **Health Benefits of Eating Peanuts Everyday**

The many benefits of peanuts include being rich in vitamins and minerals, high in protein, and a good source of fiber. They are easy to add to your daily diet and are a good alternative to other snacks.

- **Boosts your energy** - Peanuts are rich in protein and can help boost your energy. They are high in B vitamins, which can help increase your energy. B vitamins can also help reduce fatigue and boost your mood.
- **As the BBC News peanuts are good for your heart** - they are rich in antioxidants that protect cells from damage linked to heart disease and cancer. They are high in fiber, which can reduce cholesterol and can help maintain a healthy heart.
- **Reduces risk of heart disease** - Eating peanuts can reduce your risk of developing heart disease by up to 40%. They are a good source of vitamin E, magnesium, and potassium. Vitamin E and magnesium can reduce blood pressure and help keep your blood vessels healthy.
- **Good source of iron** - Peanuts are a good source of iron, which is important for healthy blood. Iron is needed to produce hemoglobin, a protein that carries oxygen around the body. This is particularly important for women during pregnancy.

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- **Good source of protein** - Peanuts are a good source of protein, which is important for maintaining healthy muscles and bones. They can also help you feel fuller for longer, which can be helpful if you are trying to lose weight.

### **Recommended Daily Intake**

Peanuts provide numerous health benefits, but it's crucial to consume them in moderation. Understanding the Recommended Daily Intake can help us enjoy their advantages without overindulging.

### **Factors Influencing Peanut Consumption**

Several factors affect how many peanuts we can comfortably include in our daily diet:

- **Dietary Needs:** Individual dietary requirements, including caloric intake and macronutrient ratios, play a significant role.
- **Physical Activity:** Those with higher levels of physical activity may require increased calories, allowing for larger portions of peanuts.
- **Allergies:** Individuals with peanut allergies must avoid peanuts entirely, thereby influencing their consumption to zero.
- **Health Goals:** Weight management, muscle gain, or specific health conditions can dictate preferred serving sizes.

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### **IS PEANUT BUTTER BETTER THAN PROTEIN POWDER?**

#### **Peanut Butter vs. Whey Protein Powder**

We compared the nutritional contents of peanut butter versus whey protein powder (100g each) below using 2020 USDA and NIH data.

For a quick recap of significant nutrients and differences in peanut butter and whey protein powder:

- Both peanut butter and whey protein powder are high in calcium, calories, dietary fiber, potassium and protein.
- Peanut butter has significantly more Vitamin E than whey protein powder.
- Whey protein powder has 71% less carbohydrates than peanut butter.
- Whey protein powder has more thiamin, riboflavin and Vitamin B12, however, peanut butter contains more niacin, pantothenic acid and folate.

Detailed nutritional comparison of peanut butter and whey protein powder is analyzed below. You can also visualize the nutritional comparison for a custom portion or serving size and see how the nutrition compares.

#### **Calories**

Both peanut butter and whey protein powder are high in calories. Peanut butter has 67% more calories than whey protein powder - peanut butter has 589 calories per 100 grams and whey protein powder has 352 calories.

For macronutrient ratios, peanut butter is much lighter in protein, heavier in carbs and much heavier in fat compared to whey protein powder per calorie. Peanut butter has a macronutrient ratio of 15:14:71 and for whey protein powder, 89:7:4 for protein, carbohydrates and fat from calories.

#### **Carbohydrates**

Whey protein powder has 71% less carbohydrates than peanut butter - peanut butter has 21.6g of total carbs per 100 grams and whey protein powder has 6.3g of carbohydrates.

#### **Dietary Fiber**

Both peanut butter and whey protein powder are high in dietary fiber. Peanut butter has 158% more dietary fiber than whey protein powder - peanut butter has 8g of dietary fiber per 100 grams and whey protein powder has 3.1g of dietary fiber.

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### **Sugar**

Whey protein powder has less sugar than peanut butter - peanut butter has 8.4g of sugar per 100 grams and whey protein powder does not contain significant amounts.

### **Protein**

Both peanut butter and whey protein powder are high in protein. Whey protein powder has 225% more protein than peanut butter - peanut butter has 24.1g of protein per 100 grams and whey protein powder has 78.1g of protein.

### **Saturated Fat**

Peanut butter is high in saturated fat and whey protein powder has 90% less saturated fat than peanut butter - peanut butter has 7.6g of saturated fat per 100 grams and whey protein powder has 0.78g of saturated fat.

### **Cholesterol**

Peanut butter has less cholesterol than whey protein powder - whey protein powder has 16mg of cholesterol per 100 grams and peanut butter does not contain significant amounts.

### **Vitamin E**

Peanut butter has significantly more Vitamin E than whey protein powder - peanut butter has 6.3mg of Vitamin E per 100 grams and whey protein powder does not contain significant amounts.

### **Vitamin K**

Peanut butter and whey protein powder contain similar amounts of Vitamin K - peanut butter has 0.5ug of Vitamin K per 100 grams and whey protein powder does not contain significant amounts.

### **The B Vitamins**

Whey protein powder has more thiamin, riboflavin and Vitamin B12, however, peanut butter contains more niacin, pantothenic acid and folate. Both peanut butter and whey protein powder contain significant amounts of Vitamin B6.

### **Omega 3s**

For omega-3 fatty acids, peanut butter has more alpha linoleic acid (ALA) than whey protein powder per 100 grams.

### **Omega 6s**

Comparing omega-6 fatty acids, peanut butter has more linoleic acid than whey protein powder per 100 grams.

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### **ARE PEANUTS SAFE FOR ALLERGIES?**

#### **Overview**

Peanut allergy is a condition that causes the body's germ-fighting immune system to react to peanuts. It's one of the most common causes of a life-threatening allergic reaction to food. This life-threatening reaction is known as anaphylaxis.

Peanut allergy has been increasing in children. Even if you or your child has shown only a mild reaction to peanuts, it's important to talk to a healthcare professional. There is still a risk of a more serious future reaction.

#### **Symptoms**

An allergic response to peanuts usually occurs within minutes after exposure. Peanut allergy signs and symptoms can include:

- Skin reactions, such as hives, redness or swelling.
- Itching or tingling in or around the mouth and throat.
- Digestive problems, such as diarrhea, stomach cramps, nausea or vomiting.
- Tightening of the throat.
- Shortness of breath or wheezing.
- Runny nose.

#### **Anaphylaxis: A life-threatening reaction**

Peanut allergy is the most common cause of anaphylaxis due to food. This medical emergency requires treatment with an epinephrine autoinjector (EpiPen, Auvi-Q, others) and a trip to the emergency room. Epinephrine is also called adrenaline.

Anaphylaxis signs and symptoms can include:

- Constriction of airways.
- Swelling of the lips, tongue and throat that makes it hard to breathe.
- A severe drop in blood pressure, also known as shock.
- Rapid pulse.
- Dizziness, lightheadedness or loss of consciousness.

#### **Causes**

Peanut allergy occurs when the immune system flags peanut proteins as harmful. When exposed to peanuts, the immune system releases symptom-causing chemicals into the bloodstream. These chemicals cause an allergic reaction.

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Direct and cross-contact with peanuts could cause a reaction:

- **Direct contact.** The most common cause of peanut allergy is eating peanuts or foods that contain peanuts.
- **Cross-contact.** This happens when peanuts get into a product by mistake. It often happens when food is exposed to peanuts during processing or handling.
- **Inhalation.** Breathing in dust or aerosols containing peanuts, such as peanut flour, may cause an allergic reaction.

### Diagnosis

Diagnosing a peanut allergy can be complicated. Symptoms can vary from person to person, and a single individual may not always experience the same symptoms during every reaction.

If you suspect you are allergic to peanuts, make an appointment to see an allergist. Start a food diary before the appointment and keep track of any reactions. If you have a reaction, you should note:

- What (and how much) you ate
- When the symptoms started (after eating the suspected food)
- What you did to relieve the symptoms
- How long it took before the symptoms were relieved

Your allergist may recommend a skin test or blood test to help diagnose whether you have a peanut allergy or allergy to another substance. The allergist may also recommend an oral food challenge. During this test, you will be fed tiny amounts of peanut or peanut-based products in increasing doses over time in an allergist's office or a food challenge center. Emergency medication and emergency equipment will be on hand during this procedure in case you have a severe reaction.

### Can peanut allergy be prevented?

In 2017, the National Institute for Allergy and Infectious Disease (NIAID) issued new updated guidelines in order to define high, moderate and low-risk infants for developing peanut allergy. The guidelines also address how to proceed with introduction of peanut based on risk in order to prevent the development of peanut allergy.

The updated guidelines are a breakthrough for the prevention of peanut allergy. Peanut allergy has become much more common in recent years, and there is now a roadmap to prevent many new cases.

According to the new guidelines, an infant at high risk of developing peanut allergy is one with severe eczema and/or egg allergy. The guidelines recommend

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introduction of peanut-containing foods as early as 4-6 months for high-risk infants who have already started solid foods, after determining that it is safe to do so.

If your child is determined to be high risk, the guidelines recommend having them tested for peanut allergy. Your allergist may do this with a skin test or blood test. Depending on the results, they may recommend attempting to try peanut for the first time in the office. A positive test alone does not necessarily prove your child is allergic, and studies have shown infants who have a peanut sensitivity aren't necessarily allergic.

For high-risk infants, if the skin test does not reveal a large wheal (bump) updated guidelines recommend that infants have peanut fed to them the first time in the specialist's office. However, if the skin test reaction is large (8 mm or larger) the guidelines recommend not pursuing an oral challenge, as the infant is likely already allergic at that point. Therefore, an allergist may decide not to have the child try peanut at all if they have a very large reaction to the skin test. Instead, they might advise that the child avoid peanuts completely due to the strong chance of a pre-existing peanut allergy. An allergist might also still proceed with a peanut challenge after explaining the risks and benefits to the parents.

Moderate risk children – those with mild to moderate eczema who have already started solid foods – do not need an evaluation. These infants can have peanut-containing foods introduced at home by their parents starting around six months of age. Parents can always consult with their primary health care provider if they have questions on how to proceed. Low risk children with no eczema or egg allergy can be introduced to peanut-containing foods according to the family's preference, also around 6 months.

Parents should know that most infants are either moderate- or low-risk for developing peanut allergies, and most can have peanut-containing foods introduced at home. Whole peanuts should never be given to infants as they are a choking hazard.

Although parents want to do what's best for their children, determining what "best" means isn't always easy. So if your son or daughter is struggling with peanut allergies, take control of the situation and consult an allergist today.

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In the book, "Peanuts for Muscle Building: The Natural Plant-Based Secret to Protein-Packed Gains," the author presents a comprehensive guide on using peanuts and peanut butter as a key component of a muscle-building diet. The book first explains the fundamental principles of muscle growth and the crucial role of nutrition, highlighting the specific benefits of peanuts, such as their protein and fat content.

It provides guidance on incorporating peanuts into your daily meals, including advice on how much to eat and the best times to consume them for both bulking and cutting phases. The book also offers a variety of easy-to-follow recipes for breakfast, snacks, and full meals, along with a sample workout and meal plan.

Finally, it addresses common myths and frequently asked questions about peanuts, protein sources, and allergies to help readers safely and effectively utilize this plant-based food to support their fitness goals.

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