

# Athletes & Bulking

## Nutrient Optimiser Food List (Popular)

This list is designed for someone who is very active and/or wanting to gain weight (e.g. an endurance athlete, a bodybuilder in a bulking phase or a growing teenager). The starches are also ideal for someone who replenish their blood glucose levels quickly.

### Animal

- lamb liver
- egg yolk
- chicken liver
- yogurt (whole milk)
- feta
- breakfast sausage
- beef liver
- roast beef
- cheddar cheese
- pork chops
- pork roast
- pork ribs
- lamb roast
- Camembert cheese
- gouda
- Mozzarella cheese (whole milk)
- filet mignon
- prosciutto
- chicken drumstick
- Swiss cheese
- ground pork
- kefir
- whole egg
- sausage
- pork cracklings
- duck eggs
- Parmesan cheese
- chicken thigh
- chicken leg
- chicken breast (with skin)
- sirloin steak
- rib-eye steak

### Seafood

- salmon
- sardines
- mackerel
- caviar
- oyster

### Starches

- mashed potato
- boiled potato

- brown rice
- baked potato
- quinoa
- banana
- oatmeal
- white rice

## Fats

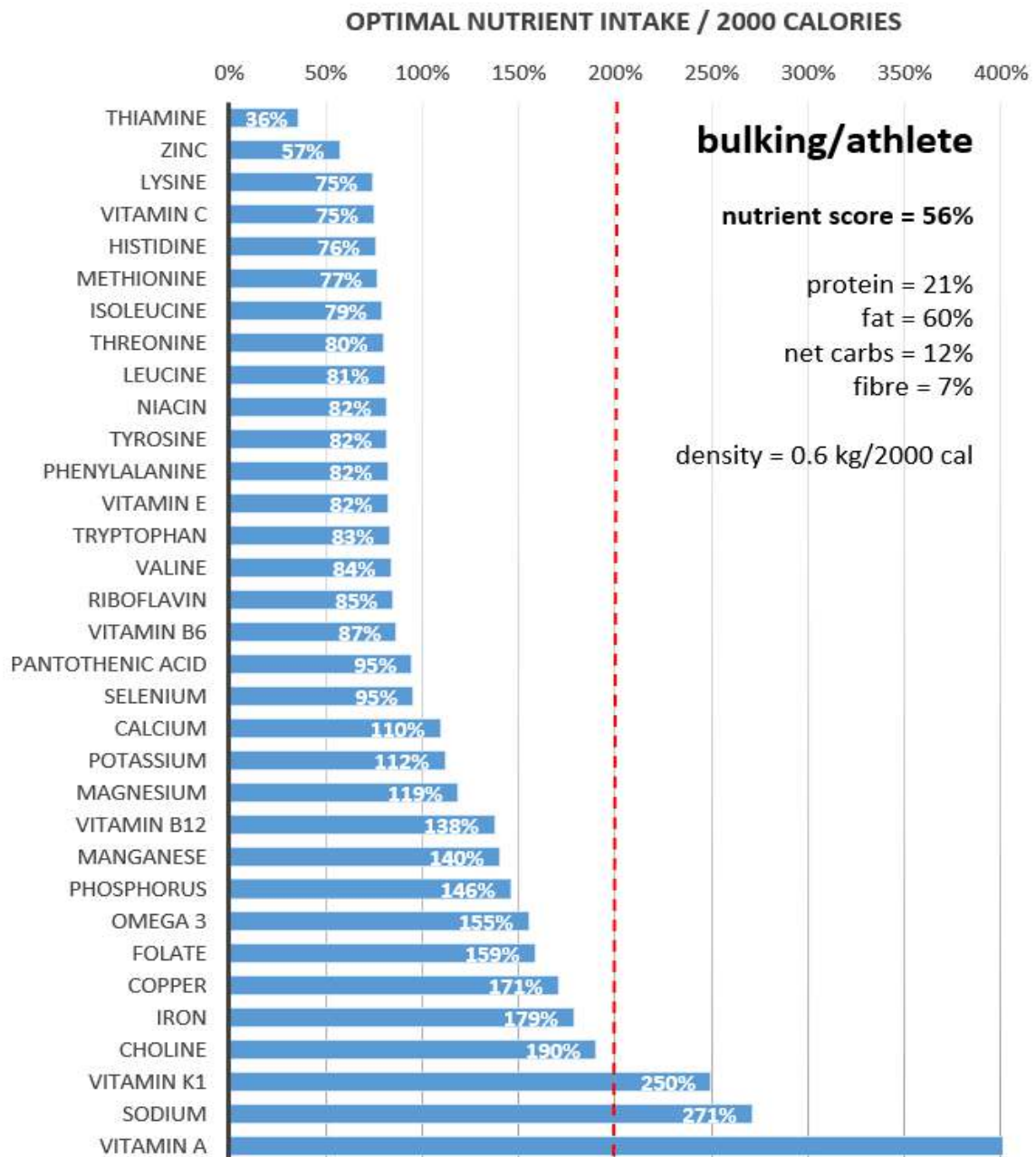
- sunflower seeds
- guacamole
- filberts
- tahini
- half and half
- stuffed olives
- green olives
- sour cream
- cream cheese
- black olives
- crème Fraiche
- macadamia nuts
- whipping cream
- bacon
- Brazil nuts

- breakfast sausage (pork)
- butter
- butter oil
- flaxseed oil
- fish oil
- pepperoni
- cashews
- dried coconut
- coconut
- olive oil
- mayonnaise
- lard
- coconut oil
- ghee
- MCT oil

## Other

- mustard
- 90% chocolate
- espresso
- 85% dark chocolate
- black pepper
- nutritional yeast

## Nutrient profile



## More info

- [NutrientOptimiser.com](https://www.nutrientoptimiser.com)
- [OptimisingNutrition.com](https://www.optimisingnutrition.com)