

## High Protein Weight Gain Diet | Weight Gain UK

A healthy, active lifestyle starts with being at your ideal weight. In today's busy lifestyle, reaching for convenient food on the go is an easy and attractive option. These foods tend to be high in fat, salt and calories, and often lack essential nutrients; denying the body important vitamins and minerals. Wishing Wellness high protein weight gain diets use 'intelligent nutrition' as a way of helping people increase their weight or build muscle mass.

The three pillars to wellness are drinking plenty of water, eating a balanced diet and exercise. Our nutrition programmes promote balanced, intelligent nutrition which provides the elements every body needs daily to maintain optimum health and find a natural balance.

High protein weight gain diets can be used for a number of reasons:

- Weight gain - If you are underweight and want to gain weight and muscle mass
- High protein for building lean muscle, for example for body builders or power lifters

The right amount of protein in your diet can help you reshape your body by maintaining, or building lean muscle. The protein included within Herbalife's® (Research suggests that 25grams of soy protein per day as part of a diet low in saturated fats can help reduce blood cholesterol.) protein products is heart healthy, soy-based protein.

For weightlifters, Personalised Protein Powder is an excellent choice to help increase your protein levels. Weightlifters can use Formula 1, add milk, fruit and two level tablespoons of Personalised Protein Powder and easily reach the 25 grams of protein recommended for a post-workout replacement shake.

Wishing Wellness Ltd is an independent Herbalife distributor. To order our high protein weight gain diets, visit the online ordering site and take a look at Formula 1, 2 and 3 for weight gain and Formula 3 &ndash; Personalised Protein Powder for building and maintaining lean muscle.