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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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around the table judges have a few seconds to rank the appearance of the meat on a scale from 2 for inedible to 9 for excellent if you break a rule they will give you a penalty score of 1

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web nov 26 2012 in blind judging only the appearance tenderness and flavor of each entry are evaluated each judge also assigns a score for overall impression to each entry which takes into account the judge s entire experience with that entry according to the memphis barbecue network s judging guidelines less perplexing to be sure but still a bit

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web for the overall impression score the judge still scores between a 6 and 10 however the judge can score in decimal places e g 9 9 each on site judge visits three tents each blind judge scores four boxes a score of 10 is not the best bbq they ve ever had it s the best bbq they ve had that day

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web nov 18 2015 the first thing you judge is the appearance for each category which in addition to the four cardinal meats also includes sauces cook s choice think spaghetti topped with chunks of brisket

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