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When trying to eat more calories, the second thing we want to do is figure out which foods are filling and which ones arenâ€™t. We can use that information to figure out which foods have that magical combination of being good for building muscle and being easy on the appetite.. For this, we can use The Satiety Index of Common Foods. In this study, they took the most common foods, figured out ...

How to Eat More Calories (The Best Bulking Diet for Skinny

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