



Foods That Make Your Butt Bigger

Sounds too good to be true, doesn't it? But it is true – there are foods that make your butt bigger.

Changing your diet is a simple way to maximize your butt growth – diet alone will not be enough, but eating the right foods can be a very powerful ally to all the other methods you use to get a bigger butt.



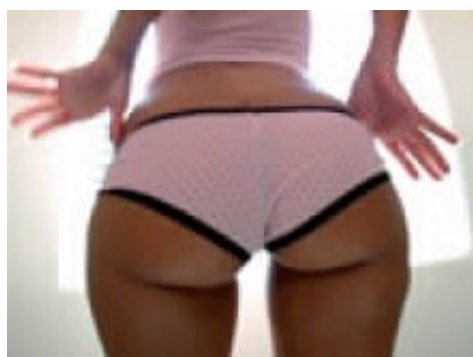
The list below are foods that are very butt-friendly but because every body (and butt) is different, we recommend you don't simply follow some "made for all" diet.

A well-planned diet – perfectly customized to your body's unique type and needs – can be the difference between a rounded, shapely butt with a slim waistline and a big butt with a big waist.

The foods that are really great for your butt are also good for your body. [Junk foods – like processed foods and fast foods – might seem like a good option to quickly put on butt fat](#), but overall, they're not helpful to developing a beautiful curvy shape.

We highly recommend you consider planning your [bigger butt diet based on your unique body type](#).

Knowing how fast your body burns weight and where it tends to store weight will help you decide which foods will be most helpful for developing the curves you want.



As for the best booty-building foods, here are the basic must-haves to stock up on:

MEATS



Stock up on foods like chicken, turkey, lean beef, fish, soy protein, and other lean meats. Protein is necessary to getting a bigger butt. To have the butt of your dreams, you're going to want to build muscle (for that nice, rounded shape) as well as put on fat.

Also, proteins are the building blocks of hormones like estrogen – which helps your body store fat in your buttocks and hip region.

If you're vegan or vegetarian, a great source of protein is a grain called [quinoa](#). It has high protein content and of course, no animal by-products. Another option is [hemp protein](#) – a great vegetarian substitute for protein shakes.

If you're not vegetarian, we recommend whey protein for the best booty building – our favorite right now is [Bulk Supplements' Whey Protein Powder Isolate](#). It's great 'cause there's no sugar, no preservatives, and no fillers included – which is a must since you'll be drinking this on a daily basis and you don't want to be putting any extra (unhealthy) crap into your body.

It's just pure, unflavored protein that blends well into fruit smoothies or simple milk mixes.

COMPLEX CARBOHYDRATES



There are some people who believe that any starchy foods will make your butt bigger, but there's a big difference between simple carbs and complex carbs.

Simple carbs are basically made from easy-to-digest (low fiber), basic sugars that are a quick source of energy but offer little nutritional value. You can have these from time to time, but these foods are more conducive to putting on weight all over your body instead of helping to build a healthy butt.

Examples of simple carbs are foods like:

- Soda
- White rice
- Candy
- White bread
- White pasta
- Pastries and desserts

Complex carbohydrates, on the other hand, are made up of more complex sugars that take your body more time to break down – thus keeping you full longer. Complex carbs are also richer in fiber, high in vitamins and minerals, and have a lower glycemic load (which keeps energy levels steady throughout the day and keeps you from crashing). Oh, and they help keep your bowels regular.

Some of the best complex carbs you can stock up on are:

- Sweet potatoes

- Whole wheat bread
- Muesli
- Whole wheat or multigrain pastas
- Brown rice
- Oatmeal
- Lentils
- Beans
- Wholemeal macaroni
- Wheatgerm

These carbs are essential not just for a bigger butt, but for energy and a slimmer waistline. Choose them over simple carbs!

GOOD FATS



Our society seems to have developed a total fear of fats – but there are some **good fats** that you really can’t afford to leave out of your diet if you want a bigger butt. What are good fats anyway?

Well, bad fats – like saturated fats and trans fats – increase your cholesterol level and your risk of certain diseases. Good fats, on the other hand, are omega-3 fats and these protect your heart, support your overall health, and really, REALLY help with butt growth.

Here are some good fats that you should add to your diet:

- Olive oil
- Canola oil
- Sunflower oil
- Peanut oil
- Sesame oil
- Avocados
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Peanut butter
- Soybean oil
- Corn oil
- Safflower oil
- Sunflower, sesame, and pumpkin seeds
- Flaxseed
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Soymilk
- Tofu

FRESH FRUITS AND VEGETABLES



Yes, we know – everyone tells you to eat these and you already you should but...

Seriously though – you need to eat these. While fresh fruits and vegetables don’t directly contribute to your butt, they set the stage for real butt development to happen. Your body needs vitamins and minerals to grow new cells, replenish hormones, and all these factors aid your getting a bigger butt.

But the reality is that most of us totally neglect eating fruits and veggies, 'cause come on – who has the time to prep the perfect salad? And there are just so many veggies...who even knows how to make them edible?

Yea, that's why we blend. Pretty much every fruit and veggie. It's just the simplest way to get a huge load of fresh, butt-helping nutrients in one simple go. Plus, it's super easy to add in bigger butt supplements like [protein powder](#) and [maca root](#) into a yummy smoothie.

Want an example? Here's a current favorite:

- 1/2 avocado
- 1 banana (frozen ones preferred!)
- 1 cup nut milk (almond or cashew are equally damn good)
- 1/2 tablespoon [coconut oil](#) (full of healthy fats and helps burn fat!)
- 1 tablespoon [maca root powder](#)
- Optional: 1/2 tablespoon cacao powder
- Optional: 1 serving protein powder

Simply blend it all up and serve – we love the [Nutri Ninja](#), [it's the perfect blender](#) for everything from frozen fruits to leafy greens. Voila! You've just fed yourself a super healthy drink full of healthy fats, protein, and booty-helping supplements!

