

FREE GUIDE

THE SKINNY GUY'S BLUEPRINT

How I Went From Hiding My Body
to Building One I'm Proud Of

INSIDE THIS GUIDE:

- ✓ Why you're not gaining weight (the real reason)
- ✓ Calories, surplus & thermodynamics — simplified
- ✓ How to manipulate macros for muscle growth
- ✓ The meal structure that actually works
- ✓ How to stop spinning your wheels and start making progress

BY

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MY STORY

IF YOU FEEL THIS, KEEP READING.

I know exactly what it feels like to look in the mirror and hate what you see.

I was the skinny kid. The one layering up his clothes every single day just so people wouldn't realize how thin I actually was. I'd put on two shirts, a hoodie — whatever it took. I was embarrassed. I felt uncomfortable in my own skin 24/7.

The worst part? I thought I was doing everything right.

I was hitting the gym. I was eating food. I swore to myself I was eating a lot — but nothing was changing. Zero progress. Weeks would go by and I'd look exactly the same. I couldn't figure it out. I was frustrated, confused, and starting to think maybe I was just built this way. Maybe I was just meant to be skinny forever.

Then I realized the truth.

The problem wasn't effort. The problem was I had no STRUCTURE. I'd eat McDonald's and garbage one day, then eat almost nothing the next. My calories were all over the place. My body had no consistency to work with. I thought I was eating 'a lot' — but I was accidentally keeping myself in a calorie deficit without knowing it.

The moment I learned how to track calories, understand macros, and create structure in my eating — everything changed. I stopped guessing and started progressing.

This guide is everything I wish someone had handed me back then. It's not complicated. It's not a magic trick. It's just the truth — simplified.

Let's get to work.

— Cameron Castilla

THE REAL REASON YOU'RE NOT GROWING

"I swore I was eating a lot... but I was still skinny."

Sound familiar? Here's what was actually happening.

You are not eating enough calories. Period.

I know you think you're eating a lot. I thought the same thing. But the human brain is terrible at estimating portion sizes — especially for skinny guys who often have low appetites or irregular eating schedules.

Here's the hard truth:

Your body is like a business. To grow (hire more employees = build more muscle), it needs more resources (revenue = calories) than it's spending (expenses = maintenance). If you're breaking even, nothing changes. You stay exactly the same.

The other killer? Inconsistency. Eating a huge amount one day and nothing the next completely destroys your average. Your body doesn't average out your week — it responds to daily conditions. You can't 'make up' for missed calories.

The fix starts on the next page. →

CALORIE SURPLUS 101

02

THE LAW OF THERMODYNAMICS — SIMPLIFIED

Your body follows the law of energy balance. It's physics — it cannot be broken.

Calories In > Calories Out = Weight Gain (muscle building zone)

Calories In = Calories Out = Maintenance (no change)

Calories In < Calories Out = Weight Loss (not what we want)

YOUR TDEE

(Total Daily Energy Expenditure)

Calories your body burns daily at rest + activity.

SURPLUS

(Add 250–350 calories)

Extra fuel your body uses to build new muscle.

YOUR GOAL

(Lean muscle gain)

Steady gain of 0.5–1 lb per week is the target.

HOW TO CALCULATE YOUR STARTING CALORIES:

- Step 1:** Go to Google and search 'TDEE Calculator'
- Step 2:** Enter your age, height, weight, and activity level (be honest)
- Step 3:** Take that number and ADD 250–350 calories to it
- Step 4:** That is your daily calorie target to start building muscle

PRO TIP: Weigh yourself every morning (after waking, before eating). Track weekly averages. If your weight isn't going up after 2 weeks, add another 100–150 calories. Simple.

MACRO MANIPULATION

03

Calories tell your body HOW MUCH to grow. Macros tell it WHAT to grow with. Get both right and you build muscle. Miss one and you're spinning your wheels.

PROTEIN

TARGET: 1g per lb of bodyweight

THE BUILDER

This is the most important macro. Protein is the literal building block of muscle.

If you weigh 150 lbs, eat 150g of protein daily. No excuses.

→ Chicken, eggs, ground beef, Greek yogurt, protein shakes.

CARBS

TARGET: Fill remaining calories

THE FUEL

Carbs are your energy source. They fuel your workouts and help with recovery.

Don't fear them — especially as a skinny guy building mass.

→ Rice, oats, potatoes, fruit, bread.

FATS

TARGET: 0.4–0.5g per lb bodyweight

THE SUPPORT

Essential for hormone production (including testosterone), joint health, and absorbing vitamins. Don't go too low — it will hurt your gains.

→ Eggs, olive oil, avocado, nuts, fatty fish.

THE MEAL STRUCTURE THAT ACTUALLY WORKS

Forget 'clean eating' 6 days a week and McDonald's on Sunday. That is killing your progress.

Here's a simple, repeatable structure that keeps your calories consistent every single day.

THE GOLDEN RULE: Hit Your Calorie & Protein Targets Every Single Day.

Everything else is secondary. Consistency beats perfection.

SAMPLE DAILY STRUCTURE — ~2,400 cal | 185g protein:

MEAL 1 — BREAKFAST (7–9am)

~590 cal | 42g protein

1 cup oats + 1 scoop protein powder mixed in + banana + 1 tbsp peanut butter

Or: 4 whole eggs scrambled + 2 slices whole wheat toast + glass of OJ

MEAL 2 — LUNCH (12–1pm)

~720 cal | 54g protein

Double chicken Chipotle bowl — white rice, black beans, fajita veggies, salsa, sour cream

Or: 200g ground beef + 1.5 cups white rice + whatever veggies are in your fridge

MEAL 3 — PRE-WORKOUT SNACK (3–4pm)

~400 cal | 40g protein

2 rice cakes + 2 tbsp peanut butter + 1 scoop protein shake with milk

Or: Cottage cheese + handful of berries + granola + drizzle of honey

MEAL 4 — DINNER (7–8pm)

~690 cal | 50g protein

6oz NY strip or salmon fillet + 1.5 cups white rice + broccoli or asparagus

Or: 150g ground beef pasta — marinara, parmesan, done in 20 minutes

THE SYSTEM IS FLEXIBLE — THE TARGETS AREN'T.

Eat out. Order Chipotle. Get a steak at a restaurant. Just hit your numbers.

THE 5 RULES THAT CHANGED EVERYTHING

TRACK YOUR FOOD — AT LEAST FOR 30 DAYS

01

You can't manage what you don't measure. Use MyFitnessPal or Cronometer to log everything for 30 days. After that, you'll have an intuitive feel for portions.

EAT WITHIN 1 HOUR OF WAKING UP

02

Kickstart your metabolism and hit the ground running. Skipping breakfast as a skinny guy is one of the biggest mistakes you can make.

PRIORITIZE PROTEIN AT EVERY SINGLE MEAL

03

Ask yourself before every meal: 'What's my protein source here?' If you can't answer that, add one. This one habit alone will transform your physique.

TRAIN WITH PROGRESSIVE OVERLOAD

04

Each week, try to lift slightly more weight or do one more rep than last week. This is what signals your body to build more muscle. No overload = no growth.

SHOW UP EVEN WHEN YOU DON'T WANT TO

05

The guys who get results aren't the most motivated — they're the most consistent. Your feelings don't matter. Your actions do. Lock in.

YOU'VE GOT THE SYSTEM. NOW EXECUTE.

STOP READING. START DOING.

You now know more than 95% of guys in the gym. The blueprint is in your hands. Calculate your calories. Hit your protein. Be consistent. That's it. No more excuses.

If you want more free content, follow the journey on Instagram.
New tips, breakdowns, and real updates — posted weekly.

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