

Chicken Rice Challenge: Is This The Perfect Bulk-Up Meal?

Some of you may be wondering if this massive portion of chicken rice can make you bigger and stronger.

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Photo from [Food League Singapore](#) / Zermatt Neo

Large servings of food are not unheard of in Singapore, like the jumbo-sized Japanese curry rice housed within Wisma Atria's foodcourt.

Recently on our social media feed, we've been seeing pictures of competitive eater Zermatt Neo holding up a massive plate of chicken rice, standing in front of the famous Xiang Ji Chicken Rice stall at Bukit Batok.

Although it seems like a food challenge that only Zermatt was undertaking, the hefty plate of chicken rice will be available to the public starting tomorrow, at a price of \$28.

Stall owner Jing Kun said Zermatt had approached him about the challenge, and he was willing to support the latter in his latest endeavour.

At first glance, Zermatt looks like a regular gym goer, and the plate of carbs and protein feels like a sizeable bulk-up meal option. We've all seen how celebrities bulk up for their screen roles before, the huge amount of food that they are willing to eat in order to grow bigger.

Bradley Cooper reportedly consumed 8,000 calories a day for his role in *American Sniper*. Mark Wahlberg did the same too for *Pain & Gain*, eating 12 meals a day while training.

But chicken rice?



Photo: Food League Singapore

"I wouldn't recommend it as a healthy, bulk-up plan," says Jaclyn Reutens, dietitian at Aptima Nutrition & Sports Consultants. "Chicken rice itself has a very high fat content, since the rice is cooked with chicken oil. With such a large amount, it can be counter-productive to someone who's trying to put on more muscle mass."

"However, if you're conscious in removing the skin and asks to replace the rice with white rice, it can still be integrated as part of a healthy diet. It's also dependant on the person working out and how much protein he would need. As we all know, how many calories one burns in an hour from a workout can vary from person to person."

In fact, competitive eaters are known to have a high level of metabolism and they work hard on their fitness, so before you think it's just stuffing yourself with food, it's not.

Also, bulking up does not mean careless eating, and it requires a good look at your nutritional intake such as sodium and fat content.
