

Forum:[Hack Forums](#)

Thread: [A TRUE WAY TO LOOSE WEIGHT, \(Lost 40 lb\) True guide self written.](#)

illLusion - April 8, 2011, 9:49 am

Hey guys, so I at age 13, weighed 203 lb. I was tired of it, wanted too loose weight. I am now 15 and weigh/weighed 163 lb for the past 4 months.

So, im bored, why not help some other people loose weight with my ways. These ways are not healthy but they WORK, and as long as you take vitamins I see no point in why not to do it.

There are different methods I use to loose weight, method 1.

LONG TERM: (A month+)

Iv'e been doing this for about a year

NO BEEF, NO PORK. Just Turkey and Chicken.

Breakfast:

Nothing,

Cheese and bread (Warmed up or grilled) + BBQ Sauce,

WATER,

Cereal

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Lunch:

Anything about the portion size of 1 MC-chicken from McDonalds,

Cookies.

Dinner:

WATER,

Chicken breast/turkey,

Chicken burrito with low card tortilla/ fat free beans / cheese,

Vegetarian foods.

Peanut butter.

Method 2

QUICK WEIGHT LOSS (Works, just be prepaid for some hard stuff.)

1 week.

Breakfast:

Water.

Green Tea.

Lunch:

1 small portioned food of choice.

Dinner:

Lemon water or green tea.

Chicken/ small portioned. (Very small, a couple bites)

Method 1 I do all the time, and method 2 I do maybe once a week.

ALL of this works, also get in a daily amount of 20mins-2hours of cardio a day. I workout and still

keep these methods going, so its okay to do.

Tips::

Workout every day. (Just make sure you sweat)

Eat dinner before 6:30 max. (Rest of the night you will be hungry)

If you get hungry after 6:30, gulp that water.

LOTS OF Tea, White or green. (Tea helps fight fat)

This works you guys, it has worked for me, and I am a very healthy, very active teen. I have a lot of muscle too, so you do get your protein. And take 1 a day vitamins to make sure you get everything.

You will loose weight, but it is some hard work doing this, so make sure you have something to keep you motivated. You will get sick on method 2.

Any questions just ask.

I spent 20 mins writing this, because i'm fucking bored.

Goodluck guys :)

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Thanks HBlackSpade for fixing some for his personal diet.

Breakfast: Slice of toast with cheese and tomato -heated-, Skim/Low-fat Milk.

Snack: 5-6 Baby Carrots, a stalk of celery(cut), or other resonably portioned fresh vegetable.

Lunch: Half a sandwich, peice of fruit, a cup of yogurt, Water/Juice/Milk, small dessert i.e. Two Cookies, a Brownie, or other resonably portioned treat.

Snack: 1/2 cup blueberries, 1/4 Vanilla yogurt, 2 tablespoons granola

Dinner: Make sure your plae's content shoudl equal: 25% Meat, 25% Starch/Carb, 50% Vegetable.
Drink Water, Flavored Water, etc.

Haunted™ - April 8, 2011, 9:53 am

So this Guide is about dieting.

illLusion - April 8, 2011, 9:54 am

(Apr 8, 2011 09:53 AM)Haunted™ Wrote: [\[CITE\]](#) So this Guide is about dieting.

Its just a way to loose weight man, I guess so.

K4M1N4 - April 8, 2011, 11:08 am

The most stupid thing to do if your going to lose weight is by eating little, you will only become a weakling.

Instead of eating little or nothing, eat food that contains alot of carbs and protein, and train ALOT. People who train and eat alot become alot healthier, you will lose weight (the fat), and get more weight (muscles).

Stop taking the lazy (but bad) way.

illLusion - April 8, 2011, 11:14 am

(Apr 8, 2011 11:08 AM)Rundo Wrote: [\[CITE\]](#) The most stupid thing to do if your going to lose weight is by eating little, you will only become a weakling.

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Stop taking the lazy (but bad) way.

Well, I did this and I've been working out every day. I curl 40's so, im pretty happy. Chicken is really good protein and so is peanut butter. This is just a loose weight quick way, plus I shrank my stomach so much, I get full off of one chicken sandwich.

Bread - April 8, 2011, 11:14 am

(Apr 8, 2011 11:08 AM)Rundo Wrote: [\[CITE\]](#) The most stupid thing to do if your going to lose weight is by eating little, you will only become a weakling.

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Looks like you don't know alot.

To get fit by doing gym it takes alot of time, And at the weight the guy said he had it wolud take ages to lose it all.

I know this since i go to gym regulary.

flame1570 - April 8, 2011, 11:25 am

I can see how this would work but there is a lot of things that wouldn't help in the slightest and can be easily replaced for a better healthier diet.

for example: + BBQ Sauce... That is not needed it is a personal preference, Also Cheese and bread... Fat and Carbs.. That isn't going to help you lose weight....

Lunch: Anything about the portion size of 1 MC-chicken from McDonalds,
Cookies.

Is that a joke ? Cookies... Ok if you want to lose weight you simply need to count the amount of calories you usually consume and reduce that number to around 2000 minimum 1500. Cookies are not going to help you in the slightest and if anything would make losing the weight harder.

Peanut butter... A typical 2-tablespoon serving of peanut butter has 3.3 grams of saturated fat and 12.3 grams of unsaturated fat. (taken from the internet... Peanut butter is also notorious for containing unreasonable amounts of salt.. If losing weight is important I would stick away from peanut butter as it isn't going to help that much. The only real benefits from peanut butter are : the fiber content, the vitamins and nutrients (potassium being the main reason why many people consider it to be healthy) You could quite easily eat a banana as they are high in potassium but don't contain nearly as much fat/salt.

You shouldn't starve yourself when trying to lose weight as your body will end up wasting away any muscle that you do already have. The best option would be to reduce your fat intake along with salt and carbs and increase your protein intake. At the same time you should work out even if it is only for 30 minutes a day,3 times a day. It will all help. Both of your methods are ludicrous and if either one of them is your diet I would seriously recommend you sort it out. You should try to eat 6-8 small meals a day and when I say small , try to stick to under 300 calories per meal. You should also

consume water before you eat and try to eat slowly so that you don't over indulge. Your advice on drinking green tea is a good idea but the rest of your post is a load of bollocks in all honesty. The advice on working out everyday is also stupid because of the fact that your body needs time to repair and grow after working out.

illLusion - April 8, 2011, 11:43 am

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Look man, im just saying what has helped me. And when you workout you work out different parts sir. I know about the bbq sauce and how it sounds like it won't work. I am saying this HAS worked for me, and I've stayed at the same weight. I am very healthy, so eat poo poo it works. :)

Oh and I drink 8 cups of tea a day .

flame1570 - April 8, 2011, 11:47 am

I love the way you didn't actually read my post.

Ã¢? of ???d?s - April 8, 2011, 11:56 am

(Apr 8, 2011 11:47 AM)flame1570 Wrote: [\[CITE\]](#) I love the way you didn't actually read my post.

I read it though. You're right, but you're also wrong. Hardcore diets soon become tiresome, and you grow to HATE them. By including the Cookies in her lunch, it helps the diet to not feel quite so bad. So it's for Moral, which is VERY important on keeping you on your diet. As Well, Peanut butter may be high in fats, but fats are good for you from sources like nuts, and fish. It's the fats that come from milks, and meat that are bad for you.

Reading though this, I might change the breakfast a bit. Add a few slices of tomato, INSTEAD of barbeque sauce. Never make yourself go hungry. If you feel hungry, eat something very small, and drink a glass of skim milk. Your body will get food when it needs it, but you won't be putting your diet at risk. The vitamins are good, but that's whether you're dieting or not.

Dieting and Nutrition is something I'm really good at. I've taken tons of Food classes, as well as Health and personal research. I'm a health nut, and along with dietary health, I love looking up natural ways to improve things like hair, skin, etc.

In all honesty though, this isn't a very good Diet. A good Diet actually has quite a bit of Food, just in small amounts:

Breakfast: Slice of toast with cheese and tomato -heated-, Skim/Low-fat Milk.

Snack: 5-6 Baby Carrots, a stalk of celery(cut), or other reasonably portioned fresh vegetable.

Lunch: Half a sandwich, piece of fruit, a cup of yogurt, Water/Juice/Milk, small dessert i.e. Two Cookies, a Brownie, or other reasonably portioned treat.

Snack: 1/2 cup blueberries, 1/4 Vanilla yogurt, 2 tablespoons granola

Dinner: Make sure your plate's content should equal: 25% Meat, 25% Starch/Carb, 50% Vegetable. Drink Water, Flavored Water, etc.

That's only the Diet part. It's recommended that you get at least 60 minutes of exercise total at least 3 times a week. If you're trying to lose weight, make it an hour and a half. One thing Flame was VERY right in: If you're actually working out, your body needs at LEAST one day out of the week to recuperate. Muscles need rest and healing.

Edit: Oh, and a Note: Green Tea may be good for you, but too much of ANYTHING is very bad. Tea has this nifty thing called caffeine. Caffeine is a stimulant, that means that it can get your heart and blood pumping faster. As long as you're not drinking Monster/Red Bull/etc. I think you're fine, but cut down how much of that stuff you drink. Seriously, 8 cups!? Make it 1-2....

ubbelol - April 8, 2011, 12:07 pm

Is this supposed to be a healthy diet? If so... Wow..

Peanut butter? BBQ sauce? Bread and cheese? Cookies?

Do you live in America?

Å¢? øf ???d?s - April 8, 2011, 12:12 pm

(Apr 8, 2011 12:07 PM)UbbeLoL Wrote: [\[CITE\]](#) Is this supposed to be a healthy diet? If so... Wow..

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Do you live in America?

Actually, those aren't bad ideas. If a diet is too strict, you tend to not follow it. That's the way the human mind works. Keeping little treats in there is a good idea. I did correct a few things, and put down what my own dieting meal plan would be. It's on Page 1, very bottom.

illLusion - April 8, 2011, 12:12 pm

(Apr 8, 2011 11:56 AM)hblackspade Wrote: [\[CITE\]](#) I read it though. You're right, but you're also wrong. Hardcore diets soon become tiresome, and you grow to HATE them. By including the Cookies in her lunch, it helps the diet to not feel quite so bad. So it's for Moral, which is VERY important on keeping you on your diet. As Well, Peanut butter may be high in fats, but fats are good for you from sources like nuts, and fish. It's the fats that come from milks, and meat that are bad for you.

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That's exactly what I meant to say, thus the "poo poo" part of my reply, I meant all of this.

And yes I drink a lot of tea, because I don't drink Coke or anything else like coke, I'm a big health nut. But I did not say this diet was easy/ too healthy. All I know is it works, and the BBQ sauce was a personal preference, but everybody needs some good food to keep them on doing this.