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Thread: [My Journey To Losing Weight ~ Mommy's Story *UPDATED DAILY*](#)

Mommy???????????? - June 10, 2013, 4:43 pm

Hello HF, I have recently "let myself go". I had started eating more + lifting more, So I gained around 30 pounds. Im 16, I weigh 272, I bench 335, and squat 420 before my surgery, 480 after.

So I'm a pretty built guy, Ill post pics, but I had started getting lazy and eating more and more constantly making excuses which is a ?

Of course I had tried dieting before, but nothing worked until A couple months ago I did an All liquid diet successfully for 2 weeks and lost 15 pounds (keep in mind, I had stopped lifting, so i was no longer getting the muscle weight which I had previously been). I felt accomplished, but I started lifting again and eating, so i gained it back.

NOW, this time is different, I'm going to be giving it my all and I will keep you guys updated with my method + meals + anything you want to know about how my weight loss is going.

I am NOT doing an all liquid diet this time, I am drinking many more liquids to fill me up, but I am still eating solids to keep my metabolism steady.

Main things to stay away from on my diet - Red Meats

Cheeses

High Fructose Corn Syrup

Soda

Pastas

Breads

Anything Frozen

Some people ask "Why no frozen things?"

The reason for that being, if you ever look at the nutritional value of frozen stuff you will notice they PACK THAT SHIT WITH MASS AMOUNTS OF SODIUM (to keep it preserved).

Weight Lifting Wise -

I have not decided to completely stop lifting, just cut down on it and not do as much, so I can still keep the build, just not progress as much. That includes, no supplements - no protein. But now I am doing more abdominal working. Just while I'm doing my normal stuff, I tighten my core and do a couple standing sit-ups (not sure what they are called). I do that at least 10 times a day, even just going to the fridge to get like fruit or something. And I do dumbbell work every night to keep everything as tight as possible without going overboard.

Cardio Wise -

I myself are very limited to cardio, I cannot run for long periods of time because of my surgery rendering me unable to. So I am trying my best without it, but I know that if I could do more without the chance of re-tearing and facing a 3rd surgery on the same part, things would go a lot quicker. So for now, I jog small amounts, and walk quite often. I recently got my license, so I know its gonna be hard for me to walk places, but I have to remain focused.

What I want to accomplish -
Hopefully Encourage People To Do The Same

Show People That It IS Possible

Give People A Helping Hand

Live A Better Life

To Get More Active

And To Lose Around 40 Pounds (If Possible)

So guys, wish me luck on my journey and hopefully I can get to where I want to be.

--Week One--Weight @ 272

Things went great, lost 6 pounds over a week.

I drank more liquids, choose better things to eat.

Instead of a breakfast burrito, I chose to have some fruits.

But I did notice, I was tired a little more often than usual because of lack of nutrients I'm assuming.

*Sorry for no Daily update, I am making this in my second week.

--Week Two-- Weight @ 266

Day 1 (Monday) - Woke up at 5, did some dumbbell work (I do this every morning and every night at least once.)

Ate - 2 bowls of raisin brand. I know, dairy isn't to good, because it bloats you, but I'm lactose intolerant, so it helps clean my system :P / And a salad for dinner.

Nulli Secundus - June 10, 2013, 4:58 pm

Why are you avoiding red meats, cheeses, breads and pastas? How many calories are you going to be eating?

ovac - June 10, 2013, 5:19 pm

Good luck with your goal.

I would love to see you bench 335 though ...

Mommy?????????????? - June 10, 2013, 5:37 pm

(Jun 10, 2013 05:19 PM)Dyn0 Wrote: [\[CITE\]](#) Good luck with your goal.

I would love to see you bench 335 though ...

Well I maxed out at 335 a month ago and without going to the gym daily like I was, I'dk if I still got it, but I'll try to shoot you a video of me doing it with some football buddies last month :D

(Jun 10, 2013 04:58 PM)Nulli Secundus Wrote: [\[CITE\]](#) Why are you avoiding red meats, cheeses, breads and pastas? How many calories are you going to be eating?

Well how I see it, is that the bread, pasta, and red meat are unnecessary carbs that I don't need in my diet especially with the little cardio I'm doing.

What I have mainly been doing is like 1 or 2 solid meals a day and snack on some fruits and veggies .

My old problem was not stopping when I was full aswell. Now it's a lot easier for me to.

ovac - June 10, 2013, 6:00 pm

Without eating protein and benching you're going to lose some of your bench.

Nulli Secundus - June 10, 2013, 6:40 pm

(Jun 10, 2013 05:37 PM)Mommy™ Wrote: [\[CITE\]](#) Well how I see it, is that the bread, pasta, and red meat are unnecessary carbs that I don't need in my diet especially with the little cardio I'm doing.

Red meat doesn't contain carbs. Overall, you shouldn't be avoiding carbohydrates anyways, just making sure you have a limit for calories while getting enough fats and protein. It's not necessary for you to do cardio either, as long as you are in a calorie deficit.

notavailable - June 10, 2013, 7:20 pm

Wow you are actually educated about losing weight. Most people believe if they starve themselves they will lose weight. That might be true but when you begin eating again you will gain more weight than you did before. I hope this works out for you.