

Forum:[Hack Forums](#)

Thread: [EAS Soy Protein Powder](#)

stay positivee - June 12, 2014, 10:18 pm

Hi I'm new to working out and stuff and my uncle told me to get this protein that he uses instead of premier protein (i use to use it).

<http://eas.com/products/powder/eas-soy-protein-powder-vanilla>

I have a question it says Get Lean & Toned, but I'm trying to bulk up. Is that bad? Will it still help me with my muscles though? And I eat a lot I've gained 20 pounds so far with premier protein. What about this?

Thanks. ?

UNDERWIRE - June 13, 2014, 12:45 am

There's really no difference in proteins from foods compared to powders. Pea, and soy proteins are just there as an option to attract vegans, and people who think they're healthier than everyone else.

Adding weight, and losing fat is going to come down to calorie intake, not the type of protein. Increase your overall calorie intake to add mass, decrease it to burn more bodyfat in place of food. Calculate your TDEE online, and add about 250-500 calories to it to add about .5-1lb a week. Likewise, you'd subtract about 500 calories from your diet to burn fat. Take in about 2grams of protein per kg of bodyweight, and fill the rest of your calorie intake with fats, and carbs. Choose some foods with more nutrients like occasion veggies on the side of your plate too.

stay positivee - June 14, 2014, 11:21 am

(Jun 13, 2014 12:45 AM)UNDERWIRE Wrote: [\[CITE\]](#) There's really no difference in proteins from foods compared to powders. Pea, and soy proteins are just there as an option to attract vegans, and people who think they're healthier than everyone else.

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ok thanks for the info, much appreciated. ?

Rooter - June 14, 2014, 12:16 pm

(Jun 14, 2014 11:21 AM)stay positivee Wrote: [\[CITE\]](#) ok thanks for the info, much appreciated. ?
Use the protein powder only when you need to get your protein macros in. You don't need it exactly after or before your workout; take it whenever you need to during the day.

I personally use protein powder since it helps me get my protein required throughout the day.

XOwnage - June 15, 2014, 9:48 am

(Jun 14, 2014 12:16 PM)Rooter Wrote: [\[CITE\]](#) Use the protein powder only when you need to get

your protein macros in. You don't need it exactly after or before your workout; take it whenever you need to during the day.

I personally use protein powder since it helps me get my protein required throughout the day. Generally you are right, but breakfast and post-workout are the most reasonable times.

Breakfast : Obviously you haven't eaten any proteins or arminos over the night. Therefore you body is lacking those.

Post-Workout: Your body does consume a whole lot of proteines and arminos -> lack of those

stay positivee - June 15, 2014, 3:57 pm

thanks for the info guys really helps.

Ways - June 15, 2014, 3:58 pm

I got EAS whey protein powder I used it one time that shit did not sit well with my stomach I had diarrhea for a week

MysteryHF - June 15, 2014, 4:00 pm

I work out 5-6 days a week, and I try not to get my protein from weigh protein blends. However, if you are going to use protein powder, I would try to go for one with less sugar. EAS has 17g per scoop, 34g per 2 scoops, which isn't that bad, but you could do better with a different kind.

Frawshy - June 15, 2014, 10:01 pm

I'd suggest using Whey protein over Soy protein. It's just the difference in what makes up the proteins, both are good, but one is just better and it's been proven.

Don't get all your protein from protein powders/bars, etc. Get it from natural foods. They're called supplements for a reason...

stay positivee - June 15, 2014, 10:11 pm

(Jun 15, 2014 10:01 PM)Frawshy Wrote: [\[CITE\]](#) I'd suggest using Whey protein over Soy protein. It's just the difference in what makes up the proteins, both are good, but one is just better and it's been proven.

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ok thanks that opened up my mind. ?