Forum:Hack Forums

Thread: Does it matter how I take my eggs?

Đr1ps - *July 4, 2015, 2:05 pm*
My work-out routine requires 4 eggs a day. So I'm wondering, does it matter how I take them? Whether they are boiled, fried, mixed with stuff or whatever.

Jester Race - *July 4, 2015, 2:11 pm*
Doesn't matter.
But how does workout routine require 4 eggs lol

unknown2me - *July 4, 2015, 2:12 pm*
(Jul 4, 2015 02:11 PM)Darctan Wrote: [CITE] Doesn't matter.
But how does workout routine require 4 eggs lol
Presume OP is referring to a plan where workouts and diets are covered.

Đr1ps - *July 4, 2015, 2:14 pm*
I need proteins, that's how.

So it doesn't matter even if they are raw or overcooked?

Jester Race - *July 4, 2015, 2:14 pm*
(Jul 4, 2015 02:12 PM)unknown2me Wrote: [CITE] Presume OP is referring to a plan where workouts and diets are covered.Seems pointless, better follow something like IIFYM so he doesn't have bad time with his diet.
(Jul 4, 2015 02:14 PM)Đr1ps Wrote: [CITE] I need proteins, that's how.

So it doesn't matter even if they are raw or overcooked?No, but raw ones might give you salmonella, even though i never got one from them.

Đr1ps - *July 4, 2015, 2:17 pm*
(Jul 4, 2015 02:14 PM)Darctan Wrote: [CITE] Seems pointless, better follow something like IIFYM so he doesn't have bad time with his diet.
No, but raw ones might give you salmonella, even though i never got one from them.
What is IIFYM exactly? I'm allowed to eat anything as long as I include some particular ones in them

Cybvrg - *July 4, 2015, 2:19 pm*
It does matter. I'm gonna to tell you now that you shouldn't be eating 4 egg yolks. Now when it comes down to cooking the eggs you will want to use the less fat as possible or close to it. So boiling would be your best option, or you can cook them fried with a bit of coconut oil. (my personal favorite) The smallest bit of fat can really mess up your results, if you are going for size then you can disregard what I just said. If you you are trying to lean out, then I recommend how you prepare your meals.

Jester Race - *July 4, 2015, 2:22 pm*
(Jul 4, 2015 02:17 PM)Đr1ps Wrote: [CITE] What is IIFYM exactly? I'm allowed to eat anything as long as I include some particular ones in them
If It Fits Your Macros, google it. It'll make your life hell lot easier when cutting/bulking.

(Jul 4, 2015 02:19 PM)Cybvrg Wrote: [CITE] It does matter. I'm gonna to tell you now that you shouldn't be eating 4 egg yolks. Now when it comes down to cooking the eggs you will want to use the less fat as possible or close to it. So boiling would be your best option, or you can cook them fried with a bit of coconut oil. (my personal favorite) The smallest bit of fat can really mess up your results, if you are going for size then you can disregard what I just said. If you you are trying to lean out, then I recommend how you prepare your meals.
What are you even saying, "smallest bit of fat can really mess up your results"
No it won't... He needs fats for his hormone production.

Tooth - *July 4, 2015, 2:56 pm*
I would prefer you to boil / cook the eggs. When the eggs are done, you eat the white egg.

I think that is the best option.

paloma728 - *July 4, 2015, 4:13 pm*
Don't eat them raw, that is pointless.

I eat mine fried, around four eggs a day. I'd scramble them but I don't like cleaning the pan haha. I also use olive oil as a butter substitute when I fry them.

If you plan to eat them raw, make sure they are pasteurized. You can mix some liquid eggs with your protein shake if you want too.

Đr1ps - *July 4, 2015, 4:16 pm*
(Jul 4, 2015 04:13 PM)paloma728 Wrote: [CITE] Don't eat them raw, that is pointless.

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Yeah that's what I meant by eating them raw actually. I mix the whites with my protein shake.

paloma728 - *July 4, 2015, 4:18 pm*
(Jul 4, 2015 02:19 PM)Cybvrg Wrote: [CITE] It does matter. I'm gonna to tell you now that you shouldn't be eating 4 egg yolks. Now when it comes down to cooking the eggs you will want to use the less fat as possible or close to it. So boiling would be your best option, or you can cook them fried with a bit of coconut oil. (my personal favorite) The smallest bit of fat can really mess up your results, if you are going for size then you can disregard what I just said. If you you are trying to lean out, then I recommend how you prepare your meals.What?

Never throw away the yolk, the egg white trend is stupid. I always eat the whole egg whether I'm bulking or cutting.

(Jul 4, 2015 04:16 PM)Đr1ps Wrote: [CITE] Yeah that's what I meant by eating them raw actually. I mix the whites with my protein shake.That's fine, there are many recipes that include liquid egg in shakes.
An example is mixing oat flour, peanut butter and protein with liquid eggs.

armageddonx - *July 4, 2015, 4:20 pm*
yea, eggs is pretty good for the body, try to take atleast 2 per day

UNDERWIRE - *July 5, 2015, 1:25 am*

Eat the whole egg, and cook it however you want.
Raw eggs have less bio-available protein
http://www.ncbi.nlm.nih.gov/pubmed/9772141
Don't bother only eating the yoke or the whites since they each hold separate essential amino acids, and if you want it as a complete protein source, you want both. The cholesterol in the yoke won't directly effect your own cholesterol levels, and the fats will actually help increase testosterone levels.

Đr1ps - *July 5, 2015, 3:43 am*

(Jul 5, 2015 01:25 AM)UNDERWIRE Wrote: *[CITE]* Eat the whole egg, and cook it however you want.
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That filled me up, thanks ?