

Forum:[Hack Forums](#)

Thread: [Muscle Milk- Make you gain weight?](#)

Noscope. - June 22, 2016, 9:56 pm

I've been drinking muscle milk after the gym for some time now (for protein of course) but I've heard somewhere that it can make you gain weight and isn't the best for you. What do you guys think? I've been dieting and working hard, then weightlifting at the gym and drinking muscle milk to put on muscle- and the muscle is definitely being added but my main goal is to lose weight. It doesn't push me over my calorie limit as I have about 1000-1200 calories a day and get my nutrients. Do you guys think it's something to worry about?

AliveAgain - June 22, 2016, 9:58 pm

<http://wfla.com/2016/06/21/muscle-milk-protein-shakes-recalled/>

Op try drinking a gallon of milk per day.

Edit: Realized you aren't trying to gain weight.

Parks - June 22, 2016, 10:00 pm

First why are you eating at 1200 you should be at 1600 as lowest.

+mK - June 22, 2016, 10:00 pm

You can't gain muscle and lose weight at the same time. You can simply maintain it.

If you're staying within your caloric deficit, you're staying in your caloric deficit.

Noscope. - June 22, 2016, 10:03 pm

(Jun 22, 2016 10:00 PM)Although Wrote: [\[CITE\]](#) First why are you eating at 1200 you should be at 1600 as lowest.

Because what I eat does not suffice to 1600 man. I eat enough, just healthy, low caloric food

(Jun 22, 2016 10:00 PM)+mK Wrote: [\[CITE\]](#) You can't gain muscle and lose weight at the same time. You can simply maintain it.

If you're staying within your caloric deficit, you're staying in your caloric deficit.

So as long as I'm not going over my calorie deficit I'm straight?

(Jun 22, 2016 09:58 PM)AliveAgain Wrote: [\[CITE\]](#)

<http://wfla.com/2016/06/21/muscle-milk-protein-shakes-recalled/>

Op try drinking a gallon of milk per day.

Edit: Realized you aren't trying to gain weight.

Haha nah man, trying to lose weight.

(Jun 22, 2016 10:00 PM)+mK Wrote: [\[CITE\]](#) You can't gain muscle and lose weight at the same time. You can simply maintain it.

If you're staying within your caloric deficit, you're staying in your caloric deficit.

And allow me to rephrase- I am trying to lose fat, and gain muscle.

D?AKE - June 22, 2016, 10:06 pm

Muscle Milk is the worst -- You will not lose fat drinking that

Noscope. - June 22, 2016, 10:07 pm

(Jun 22, 2016 10:06 PM)D?AKE Wrote: [\[CITE\]](#) Muscle Milk is the worst -- You will not lose fat drinking that

Why is that? because based on calories it does fit into my diet- and all other nutrition facts seem to be alright

Flared - June 22, 2016, 10:11 pm

Trying to gain muscle on 1000 calories a day??? okay you have no idea how a diet works lol. You NEED food to build muscle. It wont make you gain fat at that rate the milk is the least of your problems

D?AKE - June 22, 2016, 10:13 pm

(Jun 22, 2016 10:07 PM)Trickshotted Wrote: [\[CITE\]](#) Why is that? because based on calories it does fit into my diet- and all other nutrition facts seem to be alright

I am ripped, don't count calories.

Instead count your macros.

Noscope. - June 22, 2016, 10:15 pm

(Jun 22, 2016 10:13 PM)D?AKE Wrote: [\[CITE\]](#) I am ripped, don't count calories.

Instead count your macros.I used to use myfitnesspal but its difficult to plug in food that aren't scannable haha.

So calories are irrelevant?

D?AKE - June 22, 2016, 10:20 pm

(Jun 22, 2016 10:15 PM)Trickshotted Wrote: [\[CITE\]](#) I used to use myfitnesspal but its difficult to plug in food that aren't scannable haha.

So calories are irrelevant?

I have never counted calories and I have maintained a ripped body.

As long as you hit the right macros and workout you will notice a change.

Also if you want quicker results you can do carb cycling, I personally don't like it because I love carbs but it will get you quicker results.

Another method would be fasted cardio, it burns fat a lot quicker

Noscope. - June 22, 2016, 10:21 pm

(Jun 22, 2016 10:20 PM)D?AKE Wrote: [\[CITE\]](#) I have never counted calories and I have maintained a ripped body.

As long as you hit the right macros and workout you will notice a change.

Also if you want quicker results you can do carb cycling, I personally don't like it because I love carbs but it will get you quicker results.

Another method would be fasted cardio, it burns fat a lot quicker

I am on a low carb diet- dont have many carbs. And I've heard about fasted cardio- cardio in the morning is it?

D?AKE - June 22, 2016, 10:43 pm

(Jun 22, 2016 10:21 PM)Trickshotted Wrote: [\[CITE\]](#) I am on a low carb diet- dont have many carbs. And I've heard about fasted cardio- cardio in the morning is it?

Fasted cardio means doing cardio on an empty stomach.

Basically wake up have a cup of coffee do some cardio and then meet all your macros by the end of the day

Widow's Peak - June 22, 2016, 10:57 pm

gain muscle or lose weight, pick one.

Noscope. - June 23, 2016, 10:20 am

(Jun 22, 2016 10:43 PM)D?AKE Wrote: [\[CITE\]](#) Fasted cardio means doing cardio on an empty stomach.

Basically wake up have a cup of coffee do some cardio and then meet all your macros by the end of the day

Ah okay, and why does that make you lose weight quicker?

(Jun 22, 2016 10:57 PM)Dr. Gregory House Wrote: [\[CITE\]](#) gain muscle or lose weight, pick one. Meant gain muscle and lose fat, my fault.

Dufus - June 23, 2016, 10:26 am

(Jun 23, 2016 10:20 AM)Trickshotted Wrote: [\[CITE\]](#) Meant gain muscle and lose fat, my fault. You can only do one at a time. Building muscle requires eating an excess of calories while burning fat requires a caloric deficit.

Scymo - June 23, 2016, 11:26 am

I think the bigger issue at hand is that your daily caloric intake is 1200 calories.

D?AKE - June 23, 2016, 3:51 pm

(Jun 23, 2016 10:20 AM)Trickshotted Wrote: [\[CITE\]](#) Ah okay, and why does that make you lose weight quicker?

Meant gain muscle and lose fat, my fault.

Yes studies show that working out on an empty stomach burns 3x the amount of fat in the same amount of time.

Noscope. - June 23, 2016, 10:47 pm

(Jun 23, 2016 03:51 PM)D?AKE Wrote: [\[CITE\]](#) Yes studies show that working out on an empty stomach burns 3x the amount of fat in the same amount of time.

Damn, thats pretty crazy actually, i might as well do that. I usually wake up and have a greek yogurt to get myself going before the gym. Do you think i should skip the greek yogurt and head straight to the gym?

OneNOnly - June 24, 2016, 12:09 am

Does anyone know if protein shakes help with muscle gain too? Or is Muscle Milk the same as Protein Shakes?

I'm really new to this type of stuff

Noscope. - June 24, 2016, 6:14 pm

(Jun 24, 2016 12:09 AM)OneNOnly Wrote: [\[CITE\]](#) Does anyone know if protein shakes help with muscle gain too? Or is Muscle Milk the same as Protein Shakes?

I'm really new to this type of stuff

Protein repairs muscle after a workout, so anything high in protein is good for building muscle

Maulish One - June 24, 2016, 9:50 pm

As many are saying, you can't expect to gain a lot of muscle mass, while burning the most fat possible. The only way I could think of this working, is if you're cardio consists of bursts. Which is simply finding a pace that's appropriate for you to hold at a fair speed, then after about two minutes of running, walk for 45 seconds, then proceed to resume the faster speed for another two minutes. Do this for about 30-45 minutes, and rather than burning through the muscle, you're burning through more fat.

As well, Muscle milk is absolute trash. I personally try to stay away from protein powders just because eating Steak, Meats, Vegetables, and your rice, is the best thing to do.

Jester Race - June 30, 2016, 4:12 pm

(Jun 24, 2016 09:50 PM)MuscleIQ Wrote: [\[CITE\]](#) As many are saying, you can't expect to gain a lot of muscle mass, while burning the most fat possible. The only way I could think of this working, is if you're cardio consists of bursts. Which is simply finding a pace that's appropriate for you to hold at a fair speed, then after about two minutes of running, walk for 45 seconds, then proceed to resume the faster speed for another two minutes. Do this for about 30-45 minutes, and rather than burning through the muscle, you're burning through more fat.

Why do you post shit like this and have smart muscle in your name

whoopz - June 30, 2016, 11:30 pm

(Jun 22, 2016 09:56 PM)Trickshotted Wrote: [\[CITE\]](#) Ive been drinking muscle milk after the gym for some time now (for protein of course) but I've heard somewhere that it can make you gain weight and isn't the best for you. What do you guys think? I've been dieting and working hard, then weightlifting at the gym and drinking muscle milk to put on muscle- and the muscle is definitely being added but my main goal is to lose weight. It doesn't push me over my calorie limit as i have about 1000-1200 calories a day and get my nutrients. Do you guys think its something to worry about?

IMO - Dissect milk for it's values and understand that milk is not very valuable for your diet. Milk has vitamin D which is good for strong bones, however vitamin K, strontium, magnesium and vitamin C are other essential nutrients that are necessary for strong bones. Get a vegan protein powder (They are the cleanest, Non-GMO, etc.)

Elite Hacker 69 - July 1, 2016, 9:57 am

OP post your height/weight/age/gender stats and compound lifts current and then tell us what your goals are

A bunch of shithheads giving you advice isn't going to do anything if it isn't in line with your goals. 1200 calories is really fucking low, 1000 is borderline eating disorder for a male I'd say

If you're trying to lose weight let's say you weigh 190 lbs, you should have about 135-140g of protein per day (about .7g per lb bodyweight) which right there is 540-560 calories. You need a decent amount of fat so if you have say 60g per fat a day then you have 720 calories right there, so you're already over 1200 and unless you wanna go zero carbs then you'd just up your macros somewhere else. I disagree with 0 carb diets though they're kinda pointless imo, waste of energy and you'll won't get any energy from carbs. Soeven if you ate 100g of carbs a day then then you'd be at ~1600 calories which is probably ideal for you.

So 140g protein 60g fat 100g carbs

All these people saying "just track your macros" that'll only really work really well if you're in good

shape already. Yeah for sure your macros are most important but it's still cal in, cal out (CICO), if you're eating 2500 calories a day and hitting your macros but your TDEE (Total daily energy expenditure) is only 2200 then you'll be eating a 300calorie surplus per day and you will gain weight. You could gain a lot of muscle but your body fat percentage would only be getting higher.

Edit: recommendations are 1g of protein per lb of IDEAL bodyweight or .6-.8g per actual bodyweight (in pounds), rest ur body cant use for muscle rebuilding anyway

And for calories, there are roughly 4 calories per 1g of protein, 4 calories per 1g of carbs, and 9 calories per 1g of fat. Fat is necessary for your body, don't cut it too low

todo2020 - July 1, 2016, 6:45 pm

muscle milk wont give u muscles lol, u will no see no progress between drinking milk and not drinking milk.