

Forum:[Hack Forums](#)

Thread: [Have you ever eaten a raw egg?](#)

Who Soup - March 22, 2017, 5:42 pm

Just curious how many of you die hard gym rats have tried to eat a raw egg before.

I personally haven't I wouldn't mind trying one day haha

aimware - March 22, 2017, 5:52 pm

It wasn't good, but I'd say it was worth the experience. I had a shake that was just protein powder and 6 raw eggs once, interesting experience. Texture wasn't the best.

Banditorinho - March 22, 2017, 6:53 pm

Yes, but I wouldn't advice to eat it without anything else. Just try to mix it with your Protein or what ever powder you got with a FLAVOUR.

Best Regards,
Bandito

Yin Yang - March 22, 2017, 6:55 pm

No I haven't and wouldn't want to

Riggs - March 22, 2017, 7:00 pm

Used to have 6 a day, spread between 3 protein shakes (2 raw eggs each). Saved a lot of time and the taste never bothered me.

Tat Tvam Asi - March 22, 2017, 8:25 pm

Never have, never will.

Who eats chicken placenta?

Lightyagami1 - March 23, 2017, 2:09 am

No lmao you want salmonella or do you want aids? I did it once for fun

Villxin - March 23, 2017, 2:14 am

Lightyagami1 dateline='Thi' Wrote: [\[CITE\]](#) No lmao you want salmonella or do you want aids? I did it once for fun

^This.

My father is a food microbiologist so I've grown up being lectured on food safety constantly. I wasn't even allowed to eat raw cookie dough as a kid because of the potential for salmonella. Made me into a pretty safe eater and cook haha.

Not saying it isn't safe the majority of the time, but you run the risk.

Chicken Nugget - March 23, 2017, 11:23 am

I used to eat raw eggs in my grandmothers village.

Well it doesn't worth it because of the salmonella chance and the taste wasn't the best i prefer cooked eggs lol.

aimware - March 23, 2017, 4:46 pm

(Mar 22, 2017 08:25 PM)Tat Tvam Asi Wrote: [\[CITE\]](#) Never have, never will.

Who eats chicken placenta?

GO VEGAN FUCKERS, JOIN THE CLUB

Jester Race - March 24, 2017, 12:35 am

Theres less bioavailable protein in them so i dont see the point.

Tomodachi - March 24, 2017, 4:36 am

Weird. I thought everyone has at least fucked around once and tried it.

Tat Tvam Asi - March 24, 2017, 5:36 am

(Mar 24, 2017 04:36 AM)Tomodachi Wrote: [\[CITE\]](#) Weird. I thought everyone has at least fucked around once and tried it.

You'd have to be a special kind of fucked up to steal and eat chicken placentas in the first place.

V for Vegan - March 24, 2017, 5:38 am

I tried to once because I couldn't be bothered cooking. I don't want to gain or anything

I couldn't get it in my mouth because it'd make my gip just from the smell.

Who Soup - March 24, 2017, 4:51 pm

(Mar 24, 2017 05:38 AM)V for Vegan Wrote: [\[CITE\]](#) I tried to once because I couldn't be bothered cooking. I don't want to gain or anything

I couldn't get it in my mouth because it'd make my gip just from the smell.

You didn't want to cook so bad that you ate a raw egg? I'll PP you \$1 to buy a snickers if you ever need it

Suspect. - March 24, 2017, 7:57 pm

I've drank pure Egg white though doesn't really taste of anything

5chn4pp - March 25, 2017, 7:03 am

I've mixed raw eggs with sugar, and it creates something i forgot the name of, but it tastes awesome.

Also we don't have salmonella in our country so yay me.

TrotNickson - March 25, 2017, 2:38 pm

Sounds disgusting. Not discouraging anybody haha, just my opinion.

ispendtime - March 26, 2017, 10:12 am

Did it daily, not that big of a deal, you just trade a small risk for saving some time

Tomodachi - March 27, 2017, 4:28 am

(Mar 26, 2017 10:12 AM)ispendtime Wrote: [\[CITE\]](#) Did it daily, not that big of a deal, you just trade a small risk for saving some time

I use to put them in my boiling hot ramen water. It wouldn't cook the egg but it'd blend into the broth and make it taste pretty good.

Kyrus - March 27, 2017, 11:09 am

My grandpa actually cracks an raw egg in his mouth and swallows it whole every morning.

But anyways, have I done it? Nope. Way too leery.

But I do eat tomagi gohan; raw egg on hot steaming rice accompanied by some soy sauce.

I also like sunny side up eggs, just the yolk tho. I hate raw egg whites.

Who Soup - March 27, 2017, 1:44 pm

(Mar 27, 2017 11:09 AM)Kyrus Wrote: [\[CITE\]](#) My grandpa actually cracks an raw egg in his mouth and swallows it whole every morning.

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tomagi gohan is pretty good, it's just like fried rice with a sunny side up egg that's a little slimier than normal lol

Amnewom - March 27, 2017, 1:47 pm

I can see that people who do this are doing it for the protein (hopefully), but I don't understand how they're able to do this due to the texture. The feeling is probably extremely disgusting.

Birdperson - March 27, 2017, 1:49 pm

When I used to do weight training on a daily basis I used to have around 3 raw eggs and milk in a shake.

Beauty workout juice.

Who Soup - March 27, 2017, 1:50 pm

(Mar 27, 2017 01:49 PM)Lil Mayo Wrote: [\[CITE\]](#) When I used to do weight training on a daily basis I used to have around 3 raw eggs and milk in a shake.

Beauty workout juice.

Why though? Raw eggs contain less protein than poached eggs or other sources of protein

Birdperson - March 27, 2017, 1:51 pm

(Mar 27, 2017 01:50 PM)Who Soup Wrote: [\[CITE\]](#) Why though? Raw eggs contain less protein than poached eggs or other sources of protein

It helps your metabolism rate increase, basically to strip weight (fat).

Jester Race - March 27, 2017, 2:09 pm

(Mar 27, 2017 01:51 PM)Lil Mayo Wrote: [\[CITE\]](#) It helps your metabolism rate increase, basically to strip weight (fat).

Wat

Komodo - March 27, 2017, 2:10 pm

(Mar 27, 2017 01:49 PM)Lil Mayo Wrote: [\[CITE\]](#) When I used to do weight training on a daily basis I used to have around 3 raw eggs and milk in a shake.

Beauty workout juice.Did the same thing but with water in my protein shakes.

Net - March 27, 2017, 2:12 pm

I tried it before. It isn't that hard to swallow, the worst part is the aftertaste.

Birdperson - March 27, 2017, 2:13 pm

(Mar 27, 2017 02:10 PM)Komodo Wrote: [\[CITE\]](#) Did the same thing but with water in my protein shakes.

Glad I'm not the only one, did it help you out at all?

Komodo - March 27, 2017, 2:25 pm

(Mar 27, 2017 02:13 PM)Lil Mayo Wrote: [\[CITE\]](#) Glad I'm not the only one, did it help you out at all? Helped me when I first started working out killed the leftover fat.

I didn't mind drinking it, just hated the feeling it left in my throat.

Birdperson - March 27, 2017, 2:31 pm

(Mar 27, 2017 02:25 PM)Komodo Wrote: [\[CITE\]](#) Helped me when I first started working out killed the leftover fat.

I didn't mind drinking it, just hated the feeling it left in my throat.

Glad that it shows proof to my comment!