

Forum:[Hack Forums](#)

Thread: [Trying to loose body fat and retain/gain muscle](#)

The Red Skull - June 7, 2017, 4:23 pm

Hey there,

I've been working out for about a year and a half now. When I started working out I was overweight and out of shape, but now I feel like I am more so in shape and fit. I started weighing in at roughly 230 lbs, now I weigh about 195-197 lbs with a height of 6 feet and bench 280 lbs squat 375 lbs and over all have lost a lot of body fat.

When I first started I never focused on loosing weight. It was only within the past 6 months that I dropped roughly 35 lbs. I've gained a bit trying to put some muscle back on that I lost from the weight loss. Being a novice, I didn't consume enough calories, thinking that fasting would cure my weight problem.. which it did to an extent, but I lost a lot of strength and muscle from that.

Now my goal is to eliminate body fat so I can begin a proper bulk. The problem is I'm worried about loosing weight because I fear I'll loose muscle mass or just not gain any while I continue to workout and end up looking less muscular than I do now. I just feel like I'm spinning my wheels at this point because I don't eat too much food, yet at the same time I'm not trying to cut so I'm maintaining about the same weight.

I was wondering if anyone could point me in the right direction as far as a meal plan goes to help me cut down some body fat and keep or build the muscle that I have?

This would be immensely appreciated because all I can find online is bulking plans or plans to rapidly loose weight which is what I don't want to do because it would lead to muscle loss as well.

I've ordered a device that will measure my body fat, so I will update this thread with the % it gives me when it comes in.

Thunder Dab - June 7, 2017, 4:27 pm

Eat slightly below maintenance and you won't lose much, if any, muscle

If you want to bulk then eat more but don't pig out or you're going to get fat

MyFitnessPal.com, very simple and to the point and you don't need a meal plan just find foods you like and eat them

Im High - June 7, 2017, 4:35 pm

The first thing you need to establish is your BMI so that you're aware of your fat to lean mass ratio and only eating for your lean muscle mass. After that I'd suggest using a BMR Calculator to find your Basal Metabolic Rate. (The number of calories you'd burn if you stayed in bed all day.)

With this base, you can establish how many calories you need to eat in order to maintain your muscle mass, as you are eating for your lean mass and not your total weight. (If that makes any sense)

Then you're going to want to stock up on some L-Carnitine. This will not only breakdown triglycerides so that they can enter the blood stream, it will prevent your body from entering a

catabolic state and in theory should burn fat, rather than muscle.

After you have this information, you will adjust your caloric intake based on your training days and muscle groups. Higher caloric intake during leg day and back/DL day. This is just an example as I am not sure if you are doing a 3 or 5 day split.

As always, try not to go over a 500 calorie deficit per day if you can help it.

Also, drink water!!

K?ng - June 7, 2017, 7:11 pm

(Jun 7, 2017 04:23 PM)?The Grinch? Wrote: [\[CITE\]](#) Hey there,

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A normal diet: Determine your maintenance caloric intake then do a 200 caloric deficit. I know some people who will do more or suggest more but to limit muscle loss, you need to take it slowly.

Make sure to get enough protein (1-1.5g per lb of muscle mass) and all your nutrients. Pretty much just have a pretty balanced diet.

Also, cardio cardio cardio. Yes, cardio helps fat loss AND it has tremendous benefits for your stamina and overall health.