

Forum: [Hack Forums](#)

Thread: [Eggs](#)

JohnBarr - June 23, 2017, 2:40 pm

The amount of Brotein in eggs:

<https://www.google.com/search?q=protein+in+eggs&oq=protein+in+eggs&ags=chrome..69i57j0l5.2759j0j7&sourceid=chrome&ie=UTF-8>

My question is, how do all eggs have the `same` (surely it's an approximation) amount?! Like, do they just presume it's the same amount of bird we're cooking up each time? What if the egg had twins in it? Is that not double my protein?!

Thunder Dab - June 23, 2017, 2:46 pm

Don't overthink it and just eat them lol

JohnBarr - June 23, 2017, 2:47 pm

(Jun 23, 2017 02:46 PM)Thunder Dab Wrote: [\[CITE\]](#) Don't overthink it and just eat them lol

I was just proposing a question, and something to think about... I already eat them, just thought of this randomly and thought maybe it could be an entertaining discussion!

Caliban - June 23, 2017, 2:49 pm

The eggs you eat are not fertilized you moron.

Egg size does vary a little tho, if you want to be really anal about your macros i think some sites have categories like (small, medium, big egg...)

Kyrus - June 23, 2017, 2:52 pm

(Jun 23, 2017 02:49 PM)Caliban Wrote: [\[CITE\]](#) The eggs you eat are not fertilized you moron.

Egg size does vary a little tho, if you want to be really anal about your macros i think some sites have categories like (small, medium, big egg...)

I eat fertilized eggs tho