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Thread: [Eat 3 pounds of beef a day? \(want to get swole\)](#)

Caliban - March 20, 2018, 8:35 pm

So i saw a video of Pete Rubish he says u need to eat air heads & ricearoni etc to get swole but he also mentioned he eats 3 pounds of beef per day

I currently only eat 1 pound of meat a day... but still hit 250-300g of protein daily. I unironically think about going on the air head + 3 pound of beef diet, do you guys think this will help my deadlift?

[Video: <https://www.youtube.com/watch?v=zwCpzZsg3Wk>]

Moopler - March 20, 2018, 9:36 pm

I doubt you weigh anywhere close to 250 lbs so it's completely unnecessary; 0.8g per pound is plenty.

icrackaboy - March 21, 2018, 9:20 am

You don't need to eat that much your metabolism might not be the same. If you want to eat more then eat more but it's up to you. Eating a fuck ton of food will only help your deadlift so much. I didn't build up my deadlift by gaining a shit ton of weight. Building up your deadlift takes time and good programming and believe it or not, good mental motivation when lifting. If you need any tips PM me your current program and I can help you tweak it.

Tartarus. - March 21, 2018, 3:32 pm

Lol? You only need 2-2.2 grams of protein per kg bodyweight. Everything more than that is useless (unless you use steroids due to elevated protein synthesis).

3 pounds of beef a day will not help your deadlift, it'll help you get fat and clogged arteries.