

Forum:[Hack Forums](#)

Thread: [How do I go about losing 20 pounds safely?](#)

Grand Pootis - June 6, 2018, 9:30 am

I'm a male in my early 20s. Most of my childhood my parents pathologically didn't eat and didn't let me eat enough so I was underweight.

Moved out awhile back and have since gained a ton of weight. I basically discovered different foods I loved and just kept eating since it felt so good to finally be allowed to eat enough.

Fast forward and according to my doctor I'm 15-20 pounds overweight now. I figure I'm young enough to reverse it fairly easily. I didn't think I was that overweight since I apparently put on weight uniformly (no big gut or any external indicator).

I would like to drop it as soon as possible for the sake of health.

I'm not experienced with food counting or the like, so I don't really know where to start. I just do a small amount of cardio sometimes as exercise but I'm mostly a lazy person.

I can follow regular instructions fine. A lot of stuff says "don't diet, just count calories and enjoy life" but I am fine being on a restricted diet BUT i want to make sure I'm still receiving enough nutrients to be healthy.

Ideas?

Efilym - June 6, 2018, 9:37 am

The website myfitnesspal is a great free website to track calories!

It's super simple since all the foods that you will eat are already in their database: even specific brands and such.

You can also set a goal on that site. Which will then give you specific amounts of macronutrients to eat.

Mostly lots of protein and fewer carbs. So more meat and fewer potatoes and pasta.

What I did to lose a lot of kilo's was drinking diet shakes. Which would then add up to around 700-1000 Kcal a day.

But after that you need to pick up healthy eating habits, so I won't recommend this for starters.

DENIZ - June 6, 2018, 9:43 am

OP, don't be a lazy ass and start working out. You will see the benefits very soon. Even going to the gym twice a week will be enough.

The problem is your intake of calories, it might be too high. You don't need to count calories (of course you can, if you really want to), it would just be enough to be careful of what you eat/drink.

Are you drinking stuff like coke, energy drinks or similar? Avoid that.

Are you eating chocolate, chips or smilar Avoid that aswell.

Also, eating before you sleep is also a bad thing, because your body can't process the calories, so

that will make you fat (please correct me, if I am wrong here; not trying to give OP wrong information).

Always stay hydrated (water only).

If you really want to eat sweet things, go for fruits, an apple a day won't hurt you.

Do all of that and reward yourself once a week with a cheatday, where you simply eat whatever you want and how much you want.

As mentioned before, if you want to start counting calories too, that will be even better. I recommend you downloading the MyFitnessPal application and getting yourself a kitchen balance. Weigh the food using the kitchen balance and type that stuff into MyFitnessPal to find the nutrition facts out. Of course you gonna know Basal Metabolic Rate first (BMR) - [Click me.](#)

If you still have questions, feel free to ask them.

SpyGuyz - June 8, 2018, 5:42 am

i don't like the way of losing weight by diet only because it won't shape your body
i'm sure you need to go to gym to workout too because you will now shape your body while losing weight both !

databoose - June 8, 2018, 6:06 am

Replace some junk food with rice, sesame oil and reduced sodium soy sauce, it's still bad for you but alot less worse than junk food, also exercise and like deniz said, stay hydrated but with actual water.

test - June 8, 2018, 6:09 am

Some decent aerobic exercise like a 30 minute walk/jog every day should get your body weight cut right down. Provided your diet isn't utter garbage it should work fine. Drink water instead of basically every other liquid too. Obviously plenty of fruit and vegetables, cut out fast food to once a week at MOST if you really must have it. Cut down on fats and sugars. Easy.

moneysenpai14 - June 8, 2018, 9:48 am

Losing weight has a lot to do with your daily habits and some genetics. over the last year ive changed completely how much i eat , i cut my normal portion sizes in half and have lost 12 pounds in 7 months doing just that. For example i used to eat 2 quesadillas for lunch now i only eat 1, i used to eat 2 pieces of bread with eggs in breakfast now i eat the two eggs with only one piece of bread.. many little things like this add up and your body gets used to eating less. Once you have your nutrition habits down just try to live an active lifestyle. Workout 3 times a week lifting weights , spread out your workouts by muscle groups , Back & Bicep one day, Chest tricep another and legs abs another. Go and do sports that u enjoy as ur rest or cardio days, Soccer, Basketball , tennis are all fun to play and you burn calories doing so. Make sure you dont consume more than 2000 calories a day and you should see big improvements to your health and life . Best of luck

Boney - June 8, 2018, 9:59 am

Don't over complicate things. Please IGNORE all random "tricks and diets" etc these are marketing schemes.

On a basic level, there are two factors.

Burn More Calories Than Consuming = Weight Goes Down

The only thing you can control is (How much you burn) aka Working out/running/exercising and how many calories you consume. (daily intake).

Now with that said the ONLY way you will decrease weight is if you burn more calories than you consume either by doing a combination of both eating less and working out or just focusing on eating less/working out more.

Basic biology would suggest eating= Fruits/Vetagables/ + Proteins + Carbs.
Reduce your intake of saturated fats/sodium etc. Basically easy things to remove from your diet, soda + candy + fast food + anything highly processed.

Losing weight is very possible you just need the proper mindset and determination to accomplish your goals. Let me know what questions you have I can help answer them.

yellowmew - June 8, 2018, 8:29 pm

I stay down by juicing don't know if it works for losing never needed to lose but calories are key I think

lil purpp - June 9, 2018, 2:20 am

Basically:

- Count your calories and stay under (Set your goal for like 1200-1600, lower is faster)
- Don't drink anything with calories; only water
- Make your own food so you can count calories easier

Hustla - June 11, 2018, 12:33 am

Intermittent fasting works good