

Forum:[Hack Forums](#)

Thread: [Sigma's Nutrition and Bodybuilding Help Desk | 7+ Years Experienced!!](#)

Sigma - July 27, 2018, 4:54 am

[img]http://www.thrive-nutrition.co.uk/wp-content/uploads/2013/01/thrive_nutrition.jpg[/img]

A little bit about myself:

I have been lifting for over 10 years now, and really started bodybuilding around 7 years ago. The biggest thing I found out years ago when it came to lifting and overall health was having your nutrition check. I have tried almost every diet and tweaked a few diets myself to figure out which one works the best for me. I have studied all aspects of nutrition and am constantly keeping up with new health updates. The picture I am posting is during my caloric surplus season. I will be posting another pic shortly of my calorie deficit season so you can all see the changes in both.

Large picture here:

Spoiler ([Click to View](#))

]

Purpose of this Help Desk:

Like I stated above, nutrition is such a big part of life and about 85% of people are not eating the right foods or getting the right vitamins. I am here to help with that! What I want everyone to realize is that everyone has different bodies and a diet that works for someone, might not work for you. I am not here to give you a diet plan or create a specific meal plan strictly for you (I charge for that). I am here to give you tips and answer any questions about nutrition, dieting, and bodybuilding. There are no stupid questions here and if you do not feel comfortable posting here, send me a PM and I will answer there.

Xzedin - July 28, 2018, 8:35 am

Hi there,

I recently did a hefty bulk but afterwards I was left with quite a bit of fat.

I'm not into cardio nor do I want to do much cardio, how do I get rid of this excess fat?

ranooooooooooooosh - July 28, 2018, 8:37 am

Hey man what do u think of keto while bodybuilding?

Sigma - July 28, 2018, 1:44 pm

(Jul 28, 2018 08:35 AM)Xzedin Wrote: [\[CITE\]](#) Hi there,

I recently did a hefty bulk but afterwards I was left with quite a bit of fat.

I'm not into cardio nor do I want to do much cardio, how do I get rid of this excess fat?

Well during a bulking phase you are in a caloric surplus; that being said, you are going to put on some fat. Now if you are doing a dirty bulk you will put on a lot of fat. The only way to burn this fat off is through a caloric deficit as well as HIIT cardio.

(Jul 28, 2018 08:37 AM)ranooooooooooooosh Wrote: [\[CITE\]](#) Hey man what do u think of keto while bodybuilding?

I have been on keto before. It is good for an overweight person if they want to burn fat off quickly and not preserve much muscle. There is a lot of health benefits that come with keto as well which helps stop diseases. But from a bodybuilding standpoint, it is not your best option for burning off that fat due to the burning of muscle as well.

ranooooooooooooosh - July 28, 2018, 2:10 pm

(Jul 28, 2018 01:44 PM)Sigma????? Wrote: [\[CITE\]](#) Well during a bulking phase you are in a caloric surplus; that being said, you are going to put on some fat. Now if you are doing a dirty bulk you will put on a lot of fat. The only way to burn this fat off is through a caloric deficit as well as HIIT cardio.

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How about ketosis with loads of protein?

Sigma - July 28, 2018, 2:25 pm

(Jul 28, 2018 02:10 PM)ranooooooooooooosh Wrote: [\[CITE\]](#) How about ketosis with loads of protein? Nope, loads of protein actually turns into glucose.

ranooooooooooooosh - July 28, 2018, 2:37 pm

(Jul 28, 2018 02:25 PM)Sigma????? Wrote: [\[CITE\]](#) Nope, loads of protein actually turns into glucose.

Appreciate your reply

<https://youtu.be/Z1dyhu-VZSs> Pls skip to 1:50

Sigma - August 8, 2018, 6:55 pm

No problem, let me know if you need anything else.

SIM-2327840 - August 13, 2018, 5:58 am

Opinion on yohimbine on last cutting phase

Sigma - August 13, 2018, 11:22 am

(Aug 13, 2018 05:58 AM)reavalized Wrote: [\[CITE\]](#) Opinion on yohimbine on last cutting phase
Yeah you can use it, I don't think it makes a drastic difference, but will give you a nice pump and some tiny cutting help.

YourRage - August 13, 2018, 11:40 am

I have weights and this tool right here

what foods should I eat and whats the results I can get for doing 30 pulls and so on?

Natifix - August 13, 2018, 3:21 pm

I really didn't make any progress in my efforts at the gym till I did my macros and made a spreadsheet on what it is I need to eat... and breaking down a menu for weekly use, tracking my macros, AND keeping a calendar of routines.

I noticed a change immediately. I am still working on it. I started young though and have always had a six pack and a cut that hides... so people always perceived me as a tall lanky guy with no strength, till I stress or flex, then the form appears. Im in at 6'1" and 180 lbs.. I take in 3000 calories a day, and have broken them into three groups, fats, carbs, protein.

Not trying to hijack your thread, but wanted to say GOOD JOB MAN! and KEEP IT UP! YOU CAN DO IT!

So Im studying more and more now and learning that I dont need all that weight gainer, or test booster. etc. Its all about what you EAT!!! and then working out too of course, correctly, and latter - the healing part. Always need to rest after a rip day!

Good job man, keep it up!

Killy - August 13, 2018, 3:26 pm

I eat healthy but i get hungry between my meals, what can i eat as a snack?

Natifix - August 13, 2018, 4:12 pm

I eat 3 meals a day, these are home made, and basically as an example, two chicken beasts, huge serving of broccoli, and a large serving of white rice. maybe add some water before and after. that could be a lunch or dinner. I also, eat two snack meals a day, in between bkfst and lunch and lunch and dinner... here is where I intake my protein shakes and protein bars, like Gatorade has these 25 g protein bars, they are two bucks a pop and the caramel ones are to die for btw. so a shake or a bar, for either snack meal. If I dont have access to that extra shake and bar daily, I have to supplement that with something else. can be left over meal or prepared meal that accounts your macros, my shake and bar a day add to my macros... Its usually my go to snack. I make my shakes with whole milk too... so its very filling. atm im finishing up my last combat lx weight gainer shake powder, and swapping to a new product. (there was a deal with teh Terminator himself with that company and after a little research I discovered something not so appealing about that one company, so Im gonna swap) but basically I take in a whey isolate protein powder. there are two different main isolates, and one specialized and very expensive kind that has minimal or diminishing returns and is only used by folks who are already ripped.

tl;dr
just one shake and one bar a day for that snack time. the rest is three square meals. I used to do 5 meals a day and found out my pooper just dont like it... lol hope this helps

Sigma - July 10, 2019, 7:25 am

Would like to get this going again. Ask away.

Wise Investments - July 10, 2019, 8:34 am

Give me tips for cutting fat faster if possible. What should I eat ?

Sigma - July 10, 2019, 10:21 am

(Jul 10, 2019 08:34 AM)Axe Capital Wrote: [\[CITE\]](#) Give me tips for cutting fat faster if possible. What should I eat ?

You just need to be in a calorie deficit. Eat clean foods, use sweet potatoes as carbs.

DaddyLongDiddle - July 21, 2019, 9:35 am

If you're gonna start this thread up again please give more accurate information.

Keto can work fine on a bulk and doesn't burn muscle so I'm not sure where you've heard that, peep Josef Rakich on instagram if you need any proof that you can bulk and keep muscle mass on keto.

Also, telling someone the only way to lose bodyfat is caloric deficit AND hiit cardio is rubbish. You can cut incredibly well with no cardio whatsoever, it's a tool to burn more calories, you can just as easily eat in that amount of a deficit in the first place and not require cardio.

I don't think anybody should be giving advice in threads like this unless they have some decent qualifications or at least compete to some degree.

I respect you trying to help people but the info needs to be accurate, it's peoples health and time here.