

Forum:[Hack Forums](#)

Thread: [Want to lose weight? Or build muscle. \[Help Desk\]](#)

SIM-3205632 - November 23, 2018, 6:03 am

I would like to start off this thread by thanking [iNviZ](#) for upgrading my account to L33T and allowing me to join Infamous (Even though it was only for a short period of time) Thank you!

And I would also like to ask you to excuse my grammar as English is my second language..

A little backstory of me and who I am(Maybe this can motivate you):

I'm 18 years old and i've been going to the gym for about 2 years now. I've had alot of ups & downs in my life. I was a very troubled kid and I didn't finish school, I quit at the age of 12 because a teacher lost his temper and abused me to which my reaction was that I became really aggressive and no other school wanted to accept me because the school where the accident happened in told them that I was dangerous. So i sat at home all the time and started playing videogames pretty much 24/7 and ofcourse when you're playing videogames you tend to snack on fastfood & snacks. This kept going for about 3 years and in those 3 years i gained around 100 Kg / 220 Pounds. At this point I was 15 and my weight was sitting at 175 Kg / 385 Pounds. I was placed under a judge because my mother couldn't handle me anymore and it was getting out of hand. She tried everything she could but she just couldn't motivate me I was in a little bubble and all I wanted to do was game and become the best League of Legends player ever. Untill 22 November 2016 something took place that would change my life forever. I woke up and there were 4 police cars outside my house. And they were taking me to court, when i arrived in court my judge told me that I would have to stay in juvy for 3 months because of some things that I did online that I don't want to disclose here. The only real reason they put me in juvy was to get me away from my family because they couldn't handle me anymore. So my nightmare became reality I couldn't see my mother for atleast a week and i was placed in a little 4x4 cell with nothing but some books. So I started thinking about what the doctors in the hospital had told me, about how I would die if I didn't change my life. So guess what I did, I started walking in my 4x4 little room untill the sweat was dripping over my entire body. And by doing that every day and eating less of what they gave me I started losing weight and once i lost 10kg i started doing sit-ups I wasn't very good at them but I did it anyways. Because it wasn't about being able to do them it was about the fact that I was trying. Fast forward 6 months they finally decided to give me a second chance at life and they set a release date. I was also going back to school and everything was going great. 22 August 2017 was the day. My physique my mental state had changed completely and even the judge was impressed because only a very little amount of the people that get placed in Juvy actually change and become mature during their stay there.

I lost 70 Kgs / 154 Pounds and I could finally start going to the gym and actually focus on my macros and calories.

2 Months later i lost another 20 Kgs / 44 Pounds and I was at 85 Kgs / 187 Pounds I was very happy with what I achieved but I did not have the body that I desired to have. I had alot of loose skin and it really bothered me even till this day. It kinda started going downhill from there especially mentally. I started watching too many bodybuilding videos and kept trying to improve myself but in reality I was starving and killing myself so I went from Obesity to Anorexia I was only eating like 800 calories a day because I thought that the loose skin was fat and I wanted to get rid of it asap and till 8 months ago when I got mono (kissing disease) and went to the doctor I really saw that what I was doing with my chicken & rice wasn't healthy so now 8 months later I learned from that mistake and I've changed my diet and I hope that I can help some people improve their health and lifestyle

because your health is the most important thing you own.

Hopefully that motivated atleast some of you to improve! So lets get this started.

Some things you must do in order to lose weight / Get healthier

1. Cut out Sodas/Candies/Alcohol (Every once in awhile it's fine to break this)
2. Make goals and reward yourself.
3. Do not give up even if it gets really tough. Nothing in life is handed to you especially not a healthy lifestyle.

Losing weight

Losing weight is actually really easy but some people like to overcomplicate things, these are the things you need to be looking after.

1. Knowing your calorie intake: It's one of the most important factors of losing weight you have to put yourself in a Caloric Deficit which means that you're basically burning more calories than you're consuming. Now I know that most of you might be thinking: "how the hell am I supposed to burn 2000 calories when you only burn 557 an hour by running." Basically, You don't. If you're going to burn 2000 calories you don't have to run 4 hour because that would be crazy. Your body automatically burns atleast 1700 calories a day. depending on your weight if you're overweight it burns more.

This is what google says "For sedentary women, also between the ages of 31 to 50, the average calorie burn is 1,800 per day; for moderately active women, it's 2,000 calories; and for active women, it's 2,200 calories per day."

Ofcourse this is for women so it's different than men but you can always calculate your BMR (Basal Metabolic Rate) with the link down below.

<https://manytools.org/handy/bmr-calculator/>

Now let's say that I want to lose weight and according to my height, bodyweight, age, gender and activity level that I have put in it tells me that my BMR is 2053.

Image of my results:

So to gain a bit of weight I need to eat atleast: 3490 calories and to lose weight I need to eat a little less than 2000 so lets say around 1900 (The calories are so few because I don't need to lose weight)

Ofcourse all of this isnt really 100% accurate but it's very close and helpful. Now that we've got that, we know that we need to eat less than What our BMR says.

2. Counting Macros: It's kind of simular to the calories, macros are basically your fats, carbs and protein. Fat is calorie-dense, at 9 calories per gram, while carbs and protein have only 4 calories per gram, and alcohol has 7 calories per gram.

Fat: Your fats intake is very important but how you consume them plays a huge factor there is good fats and bad fats. The unsaturated fats include "polyunsaturated fatty acids and monounsaturated fats". Both mono- and polyunsaturated fats, when eaten in moderation and used to replace saturated or trans fats, can help lower cholesterol levels and reduce your risk of heart disease. So

that means that saturated fats are not so good and unsaturated fats are good. They are usually Omega-3's which are found in all sorts of fish (Salmon, trout, catfish, mackerel) as well as walnuts (unsalted ofcourse)

Example: Salmon:

Calories 210

Total Fat: 13g <--- 11g Good fats.

Saturated: 2g <--- 2g Not so good fats.

Example: Beef Sausages:

Calories: 250

Total Fat: 21 g <--- 11g Good fats.

Saturated: 10 g <--- 10g Not so good fats.

Good fats:

Oily fish

Nuts and seeds

Vegetable oils

Avocados

Steak

Bad fats:

Dairy goods (like cheese yoghurt and butter)

Baked goods (like pastries cakes and biscuits)

Ice creams

Carbohydrate: Again these are needed to produce energy but consuming too much might turn them into bad fats. They provide fuel and energy for the working muscles and they prevent protein from being used as an energy source and enable fat metabolism. So they're basically your energy source. There are also 2 kinds just as with the fats there are good ones and bad ones. Simple carbs and Complex carbs. Simple carbs are in candies, sodas and syrups they're usually made of sugar. They don't have any vitamins or minerals meaning they aren't really going to help you lose weight they'll only slow it down. While on the other hand Complex carbs which are found in beans peanuts potatoes whole-grain breads are filled with vitamins and or fiber. Carbohydrates are important because of your blood sugar levels you have to think of your blood sugar levels as the ocean you don't want it to be stormy and have loads of waves and possibly get a tsunami because that's not good, you want the ocean to be still and relaxing and by consuming Simple carbs your blood sugar levels will spike meaning you'll turn them into fat and your body won't be able to use the carbs as a source of energy. Also called "Rollercoaster BloodSugar levels" as shown on the chart I made below.

Good carbs:

Fish and most meats

Nuts and seeds

Potatoes and pasta (not too much)

Whole-grain bread (not too much)

Vegetables

Bad carbs:

Candies & soda's

Dairy goods (like cheese yoghurt(some sorts) and butter)

Baked goods (like pastries, cakes and biscuits)
Ice creams

Protein: In my eyes the most important factor of any diet (especially if you're lifting weights and looking to build some muscle.) Proteins will help you not only recover faster after a workout but will also repair/replace your damaged muscle fibers. Protein can be found in many sorts of meats, nuts and even plants. You should also not take too much protein because I have heard that if you take more than your body can use that it turns them into fats. I'm not sure if that's 100% correct so if anyone here knows more about that they could maybe correct me on that. Proteins are made up of thousands of smaller units called amino acids. And there are 20 different types of amino acids but I am not going to get into all that. ? You shouldn't worry too much about protein they can't really do anything bad to your body so I don't really think there is anything you should look out for except for taking over your daily dosis so they turn to fat. But you would have to take a whole bunch of protein then. So don't worry Just focus on the fats and the carbs you'll get your protein intake out of most of those. Protein is better than fat and carbs!

Anyway now that we know about all the macros and what they're used for we can calculate them by clicking on the link down below.

https://www.bodybuilding.com/fun/macronutrients_calculator.htm

So if i wanted to lose weight my daily macro intake should be:

Fats: 45G Per Day.
Carbs: 203G Per Day.
Protein: 203G Per Day.

So $203 \times 4 = 1624$
Then 45×9 is $= 405$
Total: 2029

For me to lose weight my daily macro and caloric intake should be:

Calories: 2029
Fats: 45 G
Carbs: 203 G
Protein: 203 G

Now when we go back to the BMR it says that my BMR is 2053.

So if i wanted to lose 1 pound a week I would just have to walk 10,000 steps a day, because most people claim you burn 500 calories for every 10,000 steps.

My body burns around 2000 calories a day and my diet is also 2000 calories so if I burned an extra 500 calories myself by walking 10,000 steps that would mean that I would mostlikely lose 1 pound a week. Ofcourse this isn't 100% correct and every person is different. :) Some tips to help you on your journey to lose weight:

1. Eat things with a smaller spoon or fork to give you that illusion that you're eating more than you actually are.
2. Make goals and don't tell yourself you can never eat any fatty foods again. If you're at a party it's okay to have a bit of cake unless theres a party every day.
3. Drink alot of water. 2 Liters a day preferably, not only will it make you feel fuller but its also good for your skin!

And for the muscle building part, it's pretty much the opposite thing all you need to do is up your intake and select "Muscle gain" on the link below and track your macros

Make sure you calculate your calories too:

1G of Protein = 4 Calories

1G of Carbs = 4 Calories

1G of Fat = 9 Calories

https://www.bodybuilding.com/fun/macronutrients_calculator.htm I spent around 5 hours making this thread so hopefully it can help some of you.

If you've got any questions don't be afraid to ask them i'll try to help you as much as I can. If they're personal don't be afraid to PM me! Damn I spent 5 hours putting this together and it only got 22 views :(

A + - November 24, 2018, 12:56 am

I am about 155 lbs, and 6'0 ft. tall. I usually get in about 1500-2,000 calories per day, 75-100 g of protein, 120-175 g of carbs. How do I know how much I should work out? I don't know how much of what I am burning when I do things like bench presses, leg lifts etc. etc. Not exactly trying to bulk, just trying to cut and then maybe bulk a little bit. Not trying to be Arnold or anything over here.

SIM-3205632 - November 24, 2018, 2:40 am

(Nov 24, 2018 01:56 AM)SuitedPear Wrote: [\[CITE\]](#) I am about 155 lbs, and 6'0 ft. tall. I usually get in about 1500-2,000 calories per day, 75-100 g of protein, 120-175 g of carbs. How do I know how much I should work out? I don't know how much of what I am burning when I do things like bench presses, leg lifts etc. etc. Not exactly trying to bulk, just trying to cut and then maybe bulk a little bit. Not trying to be Arnold or anything over here.

BF (Bodyfat)

First of all thank you for replying. Your bodyweight seems fine so i'm not sure why you would want to cut that down especially during the winter but if that's what you're trying to achieve then I will try to help you with it losing weight is kind of the opposite of gaining weight. When you want to gain weight you can just keep eating whatever & you'll gain weight eventually but with losing it it's different because it always gets more difficult.

Example: someone that wants to cut from 13% BF to 8% is going to have a really strict diet while someone that wants to cut from 20% to 15% is going to have an easier time.

And since I don't know what your BF is right now (since that is what you're trying to lose i'm assuming) it's hard to tell.

And for your question about burning on certain areas. It doesn't work like that it's not because you bench press that you'll lose fat in your chest. And it's not because you do leg press that it'll burn fat in your legs.

Another question: Are you doing push, pull, legs in the gym? And are you doing cardio on your off days?

FireNice - November 24, 2018, 4:00 am

I stopped sport because I was injured, now I want to run again !

I'll follow your tips, thank you.

A + - November 24, 2018, 8:39 am

(Nov 24, 2018 03:40 AM)Chopper. Wrote: [\[CITE\]](#) BF (Bodyfat)

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Another question: Are you doing push, pull, legs in the gym? And are you doing cardio on your off days?

I warm my legs up on cardio, and run a mile give or take on off days (sometimes).

I've always been a little fluffier of a guy. I'm fairly fit, but I would like to actually be able to see my muscles a little haha. I think you know what I mean, I'm trying to lean up just a little bit, and then start going for strength and muscle mass. I know the fact that a drink a lot doesn't help lol.

edit: I forgot, I do pretty much everything. My schedule goes:

Day 1: Back/Abs

Day 2: Chest/Abs

Day 3: Legs/Abs

Day 4: Shoulders/Triceps

Day 5: Back/Bicep/Abs

I don't go as hard on the abs as it looks. A lot of days are just russian twists, different plank variations and that sort of thing.

I could send you the whole routine, but it's a lot to type out lol.

SIM-3205632 - November 24, 2018, 9:16 am

(Nov 24, 2018 09:39 AM)SuitedPear Wrote: [\[CITE\]](#) I warm my legs up on cardio, and run a mile give or take on off days (sometimes).

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I could send you the whole routine, but it's a lot to type out lol.

Yup, I get what you mean don't worry! ?

First of all i would like to point out that if you drink alot I would advise you to try to keep it to a minimum and only on some occasions (like every other weekend)

And when it comes to your workout I would also advise you not to train Abs every single day minimum once a week and max 3 times (2 is what I do) and the reason behind that is because your Abs work the same way as your Chest Back Legs and every other "big" muscle in your body and by training it every single day you're not giving it the time to recover (unless you're taking some kind of recovery enhancing supplements which I guess you're not)

Try this:

Legs / Push / Pull / OFF / Repeat

Overview:

Bench, OHP, Squat & DL* 3x5

Heavy Compounds 3x6

Heavy Isos 3x8

Light Compounds 3x10

Light Isos 3x12

Calves / Abs 3x15

Major Muscles (2-3 exercises)

Minor Muscles (1-2 exercises)

3 Sets x Exercise @ 5-15 rep range throughout program

Includes Bench Press, OHP, Squat, and DL @ 3x5 for continued Strength gains

Push (Chest, Shoulders & Triceps) [HEAVY]:

Chest (9 sets)

Bench Press 3x5

Dip 3x6

DB Inc. Fly 3x8

Shoulders (6 sets)

Overhead Press 3x5

DB Lateral Raise 3x8

Triceps (6 sets)

EZ-Bar Skullcrusher 3x8

DB Overhead Ext. 3x8

Pull (Back, Biceps, Traps & Rear Delts) [HEAVY]:

Back (9 sets)

Deadlift 3x5 (60%, 80%, 100%)

BB Pendlay Row 3x6

Chinup 3x8

Biceps (6 sets)

BB Curl 3x8

DB Inc. Curl 3x8

Traps (3 sets)

BB Shrug 3x8

Rear Delts (3 sets)

Face Pull 3x8

Legs (Quads, Hamstrings & Calves) [HEAVY]:

Quads (9 sets)

Squat 3x5

Lunge 3x6

Leg Extension 3x8

Hamstrings (6 sets)

Romanian Deadlift 3x6

Lying Leg Curls 3x8

Calves (3 sets)

Standing Calf Raise 3x5

Push (Chest, Shoulders & Triceps) [LIGHT]:

Chest (9 sets)

DB Inc. Bench Press 3x10

BB Decline Bench Press 3x10

Cable Crossover 3x12

Shoulders (6 sets)

DB Seated Shoulder Press 3x10

Cable Lateral Raise 3x12

Triceps (6 sets)

Cable Pushdown 3x12
DB Kickback 3x12

Pull (Back, Biceps, Traps & Rear Delts) [LIGHT]:

Back (9 sets)

Cable Close-Grip Pulldown 3x10
Cable Seated Rows 3x10
DB 1-Arm Rows 3x10

Biceps (6 sets)

DB Curl 3x12
Cable Preacher Curl 3x12

Traps (3 sets)

DB Shrug 3x12

Rear Delts (3 sets)

Reverse Fly 3x12

Legs (Quads, Hamstrings & Calves) [LIGHT]:

Quads (9 sets)

Front Squat 3x10
Leg Press 3x10
Leg Extension (Single Leg) 3x12

Hamstrings (6 sets)

Stiff-Legged Deadlift 3x10
Lying Leg Curls (Single Leg) 3x12

Calves (3 sets)

Calf Press 3x15

Because what you're doing now is kind of a "broscience" workout by working out 1 muscle group a day when you can easily combine them.

(Nov 24, 2018 09:52 AM)Bromden Wrote: [\[CITE\]](#) Not gonna lie, read the whole thread and I think I might implement some of the tips you've provided to better my eating habits, thanks bud.

Thank you for reading my thread, and goodluck! If you've got any questions just hit me up. ?

KSI - November 24, 2018, 11:58 am

Bump,nice thread going on here.

sp??k? - November 24, 2018, 12:09 pm

Damn great story really nice u improved so much

SIM-3205632 - November 24, 2018, 1:57 pm

Thank you for showing interest and replying.

A + - November 24, 2018, 3:53 pm

(Nov 24, 2018 10:16 AM)Chopper. Wrote: [\[CITE\]](#) Yup, I get what you mean don't worry! ?

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Thank you for reading my thread, and goodluck! If you've got any questions just hit me up. ?
Holy crap, what a plan! Thank you so much man! I'm still learning about all of this, and I know that

you have to get pulls in to get things like lower abs to show, but I never thought of it as a full blown technique. You're awesome dude, Ty so much.

SIM-3205632 - November 24, 2018, 4:22 pm

(Nov 24, 2018 04:53 PM)SuitedPear Wrote: [\[CITE\]](#) Holy crap, what a plan! Thank you so much man! I'm still learning about all of this, and I know that you have to get pulls in to get things like lower abs to show, but I never thought of it as a full blown technique. You're awesome dude, Ty so much.

Haha no problem man that's why i'm here and yeah try to do weighted Ab exercises aswell. They're like biceps so the more weight you use the bigger and more visible they get!

I'd also recommend checking out these youtubers for tips

My personal favorite: <https://www.youtube.com/channel/UCzGLDaTu81nJDtWK10MniGg>

Others: AthleanX, Mark Coles, Ben Pakulski, Hypertrophy Coach, John Meadows, Brad Schoenfeld

A + - November 24, 2018, 5:02 pm

Thanks for the recommendations. I've probably seen all of AthleanX's videos at least 3 times. My head is spinning so fast I can't tell my ass from my elbow anymore.

SIM-3205632 - December 28, 2018, 9:38 am

BUMP

The holidays are almost over so you better start losing that extra weight.

SIM-3205632 - December 29, 2018, 9:16 am

(Dec 28, 2018 11:43 PM)Eventere Wrote: [\[CITE\]](#) I don't know what your BF is right now and how it will be.

What? Did you even read the thread? ?

SIM-3205632 - March 9, 2019, 3:28 am

Posting to bump incase someone wants to learn something.

cincen0 - March 9, 2019, 3:37 am

Thanks for the recommendations.

Edwl - March 13, 2019, 7:09 am

Tbh just start eating more and get into bodybuilding, start working out maybe 3-4 times a week.

It is pretty simple stuff. :)

SIM-3205632 - March 13, 2019, 9:14 am

(Mar 13, 2019 07:09 AM)Edwl Wrote: [\[CITE\]](#) Tbh just start eating more and get into bodybuilding, start working out maybe 3-4 times a week.

It is pretty simple stuff. :)

It's simple but people often forget that google/youtube can help you out so much.

Edwl - March 13, 2019, 9:42 am

(Mar 13, 2019 09:14 AM)Traangas. Wrote: [\[CITE\]](#) It's simple but people often forget that google/youtube can help you out so much.

Yeah, i've learned much about fitness from watching fitness youtubers. ?

Dope - March 13, 2019, 9:43 am

Just read through your whole and I wanna say thank you for taking the time to educate other people here on HF, including myself. First of all - did you u end up finishing school? lol.

ANYWAY! I'm trying to lose weight, around 5-10kg so not much I guess, but I find it so hard. The main problem being I don't like vegetables (I tried to eat em so many times, I end up gagging everytime) so I can't have a proper diet.. I have cut all the sodas, candies and chocolate but that still doesn't work properly although I'm actively working out everyday/every other day. Also I wanna mention that I'm a girl, so I'm not looking to gain or anything.. But if you have some kind of recommendation or your opinion in general, I'm looking forward for your reply! :)

Nyx - March 20, 2019, 12:27 am

Any advice on dealing with side stitches while running?

Let me start off by saying I am a very fast sprinter for someone who is overweight and for someone who vary rarely does cardio. I can reach top speeds of 20-21 mph at Max speed but i have some of the worst endurance and whenever I sprint I get side stitches.

I also have a hard time breathing while running/jogging and by the end I am gasping for air. Its hard for me to get full breaths in while running. I feel as if I am only getting like a quarter of the amount of oxygen needed.

RUS7Y - March 20, 2019, 1:57 am

There is a lot of wrong info here.

I'll mention two which i figured while taking a glimpse :

- Vegetable oil is the worst kind of fat.
- Saturated fat is good for health

SIM-3205632 - March 22, 2019, 1:49 pm

(Mar 20, 2019 01:57 AM)Rusty_v Wrote: [\[CITE\]](#) There is a lot of wrong info here.

I'll mention two which i figured while taking a glimpse :

- Vegetable oil is the worst kind of fat.
- Saturated fat is good for health

Could you tell me everything I got wrong? And why it's wrong? Can you link a few articles/studies?

RUS7Y - April 3, 2019, 1:47 am

(Mar 22, 2019 01:49 PM)Traangas. Wrote: [\[CITE\]](#) Could you tell me everything I got wrong? And why it's wrong? Can you link a few articles/studies?

Sure. I already posted but they got deleted in the data restore.

Why vegetable oil is bad :

<https://medium.com/@drjasonfung/the-shocking-origin-of-vegetable-oil-garbage-1c2ce14ae513>

How sugar industry shifted the blame on fats :

<https://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html>

SIM-3205632 - April 20, 2019, 12:08 am

Anyone trying to get a summer body? Go at it

Mullet Muscle - April 20, 2019, 8:07 pm

Lots of useful information for anyone trying to get into shape.

Nice job ?

SIM-3205632 - April 21, 2019, 12:59 pm

(Apr 20, 2019 08:07 PM)Mullet Muscle Wrote: [\[CITE\]](#) Lots of useful information for anyone trying to get into shape.

Nice job ?

Thank you very much :)

Script - April 23, 2019, 1:51 pm

thank you for all these tips bro, im a lightweight myself

SIM-3205632 - April 23, 2019, 1:59 pm

(Apr 23, 2019 01:51 PM)Script Wrote: [\[CITE\]](#) thank you for all these tips bro, im a lightweight myself
Honestly as a lightweight just try to eat as much as possible and try to blend stuff if you're finding it difficult to get calories in.

You can put 100g of oatmeal, 3 tablespoons of peanut butter, and soya milk all in a blender and just blend it up for like +750 calories.

Script - April 23, 2019, 2:07 pm

(Apr 23, 2019 01:59 PM)Traangas. Wrote: [\[CITE\]](#) Honestly as a lightweight just try to eat as much as possible and try to blend stuff if you're finding it difficult to get calories in.

You can put 100g of oatmeal, 3 tablespoons of peanut butter, and soya milk all in a blender and just blend it up for like +750 calories.

thanks for the tip, i cant say ive been eating well i fainted in the morning. :/

SIM-3205632 - April 24, 2019, 12:30 am

(Apr 23, 2019 02:07 PM)Script Wrote: [\[CITE\]](#) thanks for the tip, i cant say ive been eating well i fainted in the morning. :/

Well you have to eat it might be easier said than done but you really have to.

SIM-3205632 - June 13, 2019, 1:42 am

Bump summer is coming up if anyone has any questions just HMU.

Stanley - January 27, 2020, 7:41 am

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

keztguru - January 27, 2020, 7:44 am

Nice little service, I'm sure those who need it will appreciate.

Ziamerkov - January 29, 2020, 2:32 am

you need to give dairy products more props.

yoghurt often have 0.1-1% fat, so the amount of saturated fat you get from it is irrelevant.
Also most yoghurts have alot of protein
and not too much fat.

SIM-3205632 - January 29, 2020, 5:57 am

(Jan 29, 2020 03:32 AM)Ziamerkov Wrote: [\[CITE\]](#) you need to give dairy products more props.

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Also most yoghurts have alot of protein
and not too much fat.

Reading this while i'm eating yoghurt haha. But yeah yoghurt is definitaly very good.