

Forum:[Hack Forums](#)

Thread: [Free diet plan and workout routine](#)

Faceless Man - April 22, 2019, 6:25 am

Trying to help more people out so maybe I can help people here on HF :D

Send me a PM and we can go from there! Thanks

Dotexe - April 22, 2019, 6:31 am

The best diet is to stop eating those bs junk and drinking soda

The Broker - April 22, 2019, 6:36 am

(Apr 22, 2019 06:31 AM)Dotexe? Wrote: [\[CITE\]](#) The best diet is to stop eating those bs junk and drinking soda

You can eat junk and drink soda and fit your goals the same time.

Faceless Man - April 22, 2019, 7:11 am

(Apr 22, 2019 06:31 AM)Dotexe? Wrote: [\[CITE\]](#) The best diet is to stop eating those bs junk and drinking soda

Im talking more about macros and workout routines, anybody can eat what they want in reality, but if they choose that path, thats on them

(Apr 22, 2019 06:36 AM)Rinky wrote: [\[CITE\]](#) You can eat junk and drink soda and fit your goals the same time.

Everybody's body works differently and some people are just fine eating junk and drinking soda, others aren't

MagikMindFreak - April 22, 2019, 7:19 am

Rip, not everyone has bread to upgrade!

Giin - April 22, 2019, 1:41 pm

Please send me this method. Thanks in advance.

zealNpossession - April 22, 2019, 3:42 pm

Thankyou, seriously looking forward to what it has to offer

The Broker - April 23, 2019, 1:05 am

(Apr 22, 2019 07:11 AM)OmegaTheOmen Wrote: [\[CITE\]](#) Im talking more about macros and workout routines, anybody can eat what they want in reality, but if they choose that path, thats on them

Everybody's body works differently and some people are just fine eating junk and drinking soda, others aren't

No.

Its all about calories in vs. calories out.

I am a competitive bodybuilder tho, i know a thing or two as I can eat icecream 2 weeks pre competition and all good.

Faceless Man - April 23, 2019, 1:24 am

(Apr 23, 2019 01:05 AM)Rinkyo Wrote: [\[CITE\]](#) No.
Its all about calories in vs. calories out.

I am a competitive bodybuilder tho, i know a thing or two as I can eat icecream 2 weeks pre competition and all good.

We're not talking about competitions?

The Broker - April 23, 2019, 1:33 am

(Apr 23, 2019 01:24 AM)OmegaTheOmen Wrote: [\[CITE\]](#) We're not talking about competitions?
What you do on competiton prep? Diet
I am talking about diet lol.

SYSTEM_SHOCKGEN - April 24, 2019, 12:37 pm

Please send me this method. Thanks in advance.

ProtoUltima - April 24, 2019, 1:13 pm

Hey, would I be able to get a copy of this?

Many thanks!

athlete1369 - April 26, 2019, 12:27 am

Please send me this method. Thanks in advance.

A--F - April 27, 2019, 7:49 am

I am interested to know the method...waiting for your pm..Thanks in advance...