

Forum:[Hack Forums](#)

Thread: [Protein Intake](#)

Armani24 - May 20, 2019, 4:41 pm

Hi,

I would like to start up going to the gym again since why not it's summer. The thing that I remember last time was not making huge progress and I believe it was because of my lack of protein intake. I usually after 30 mins from my work out drink a protein shake and call it a day, however I heard different with the amount of protein I should be taking. My question is what is the ideal amount (in grams) of protein I should be ingesting?

?rescent - May 20, 2019, 4:58 pm

Depends on what you want. Do you want to gain muscle? If so, do you want to bulk up? More detail would help out.

Sigma - May 20, 2019, 5:00 pm

(May 20, 2019 04:58 PM)?rescent Wrote: [\[CITE\]](#) Depends on what you want. Do you want to gain muscle? If so, do you want to bulk up? More detail would help out.

No, it does not matter whether you are bulking or cutting. Your protein intake should always be the same. Usually, you want to stick between 0.8 - 1.2 grams per lb. of body weight.

Armani24 - May 21, 2019, 5:15 am

(May 20, 2019 04:58 PM)?rescent Wrote: [\[CITE\]](#) Depends on what you want. Do you want to gain muscle? If so, do you want to bulk up? More detail would help out.

Pretty much trying to cut a bit of belly fat so my abdominal are visible, Currently, its roughly like 20% visible

(May 20, 2019 05:00 PM)Sigma????? Wrote: [\[CITE\]](#) No, it does not matter whether you are bulking or cutting. Your protein intake should always be the same. Usually, you want to stick between 0.8 - 1.2 grams per lb. of body weight.

That's a lot of protein, i'm 140lb and don't even see myself being close to reaching that amount, my protein shake gives me about 25g of protein per serving, and I would need at least 3x and fill the rest in with food. Is it normal to have more than 2 servings of protein powder in a shake?

Present - May 21, 2019, 5:19 am

(May 21, 2019 05:15 AM)Armani24 Wrote: [\[CITE\]](#) Pretty much trying to cut a bit of belly fat so my abdominal are visible, Currently, its roughly like 20% visible

It varies. You can start with 0.8 grams of protein per body weight in pounds (e.g if you weigh 110 pounds you would need to consume 88 grams of protein). It really doesn't matter tbh, I do 1g per bw but still get optimal gains within the month.

Armani24 - May 21, 2019, 5:22 am

(May 21, 2019 05:19 AM)Present Wrote: [\[CITE\]](#) It varies. You can start with 0.8 grams of protein per body weight in pounds (e.g if you weigh 110 pounds you would need to consume 88 grams of protein). It really doesn't matter tbh, I do 1g per bw but still get optimal gains within the month.

In about 60 days, with the right diet and cutting method (i plan on doing intermittent fasting) do you think I will be able to achieve my goal while having a regular gym schedule?

Present - May 21, 2019, 5:22 am

(May 21, 2019 05:15 AM)Armani24 Wrote: [\[CITE\]](#) Pretty much trying to cut a bit of belly fat so my

abdominal are visible, Currently, its roughly like 20% visible

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DO NOT, I repeat DO NOT use protein shakes as your main source of nutrition. A post workout shake should be sufficient but if you're consuming 1000 scoops of protein powder a day you'll die. Just track your macros, set a calorie goal (1g protein = 4 kcals, 1g carbs = 4kcals and 1g fat= 9kcals) and abide it. Download the app myfitnesspal, it's a great help.

(May 21, 2019 05:22 AM)Armani24 Wrote: [\[CITE\]](#) In about 60 days, with the right diet and cutting method (i plan on doing intermittent fasting) do you think I will be able to achieve my goal while having a regular gym schedule?

Definitely. 60 days is a realistic approach.

Armani24 - May 21, 2019, 5:25 am

(May 21, 2019 05:22 AM)Present Wrote: [\[CITE\]](#) DO NOT, I repeat DO NOT use protein shakes as your main source of nutrition. A post workout shake should be sufficient but if you're consuming 1000 scoops of protein powder a day you'll die. Just track your macros, set a calorie goal (1g protein = 4 kcals, 1g carbs = 4kcals and 1g fat= 9kcals) and abide it. Download the app myfitnesspal, it's a great help.

Okay thanks for letting me know, ill be sure to use myfitnesspal, but still I am curious on how one can actually get that much protein in their bodies? what foods are ideal for that large amount of protein?

Present - May 21, 2019, 5:31 am

(May 21, 2019 05:25 AM)Armani24 Wrote: [\[CITE\]](#) Okay thanks for letting me know, ill be sure to use myfitnesspal, but still I am curious on how one can actually get that much protein in their bodies? what foods are ideal for that large amount of protein?

It's pretty simple, just don't overthink it.

Eggs are a good source of protein.

You should check out the protein per serving for tuna in springwater, the one I eat usually has around 18-19g of protein in one 90g can, remember not to eat too much (2 cans should be enough). The flavoured ones usually disperse the macros into fats because of extra oils.

Wholemeal bread

Almonds (they contain a lot of natural fats though)

Dry fruit

Chicken breast

Salmon

Sigma - May 21, 2019, 5:44 am

(May 21, 2019 05:15 AM)Armani24 Wrote: [\[CITE\]](#) Pretty much trying to cut a bit of belly fat so my abdominal are visible, Currently, its roughly like 20% visible

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What! That is not hard at all. 90g of chicken breast have 25g's of protein in them.. You need to do a little more research on Google before asking questions like this. Protein shakes are probably the worst provider of protein you can consume.