

Forum:[Hack Forums](#)

Thread: [what milk do you guys use with your protein](#)

Simba - February 17, 2020, 2:24 pm

So recently I got myself a protein powder by Animal flavor is cookies and creme which is amazing btw. I try to eliminate drinking 2% milk just because. I noticed even though im not lactose and tolerant I feel sick sometimes and reading and hearing they add a bunch of hormones. So I substituted it with coconut milk unsweetened vanilla from wholefoods which literally taste noo diffrent on a protein shake with a banana cut up. I was thinking about going back to Almond milk but I have sensitive skin and allergic to peanuts. Every time i drink that stuff not sure if it's because of that or the weather which is weird I always end up hitting the gym in the winter and spring time lol. I tried Planet of the oats milk which is a oat milk. Didn't have any problems but it taste so good and heavy like creamy Pause lol but yeah idk debating what to stick with.

oat milk or Coconut milk

Aqzxk - February 18, 2020, 10:37 am

I can't really find a reason from reading this post why you need others opinion for this. Do what works for you, man.

Pow3r - February 18, 2020, 10:48 am

Coconut milk is a good dairy free alternative. Avoid soy at all costs.

Geralt - February 18, 2020, 10:58 am

None, I drink my protein powder with water.

Mullet Muscle - February 19, 2020, 5:59 am

I'm not anal about milk, its milk. I honestly don't care what they add into it. We put worse things in our bodies everyday anyways.

XperienceMe - March 11, 2020, 7:33 am

Skim milk is a good choice for men who are looking to add muscle mass. It's convenient, inexpensive, high in protein, full of vitamins and minerals, and tastes good to boot.

Irobert98 - April 17, 2020, 1:32 am

I've been having almond milk for the past year. Started off with unsweetened due to cutting (tasted fairly shitty) now I've moved onto roasted almond milk and man I love it.

Was the same as you I found my body although not being lactose intolerant, I just feel a bit better without.

blizzard23 - April 24, 2020, 5:21 pm

I use fairlife milk, but the original not the one with omega extra added

triumvirate1 - April 26, 2020, 12:45 pm

Fuck milk, havent had a glass in 10 years. We aren't meant to be drinking that shit man. Drink your protein with water.

skuxdeluxe - May 13, 2020, 6:34 am

Depends on what you need for your body. I usually drink it with water but instead of one serve I use 2

TaylorCTU? - May 14, 2020, 10:09 pm

Myself and everyone I know uses water. Who has time for milk?

Bob the Builder - September 22, 2020, 7:01 am

(Feb 17, 2020 03:24 PM)Simba Wrote: [\[CITE\]](#) So recently I got myself a protein powder by Animal flavor is cookies and creme which is amazing btw. I try to eliminate drinking 2% milk just because. I noticed even though im not lactose and tolerant I feel sick sometimes and reading and hearing they add a bunch of hormones. So I substituted it with coconut milk unsweetened vanilla from wholefoods which literally taste noo diffrent on a protein shake with a banana cut up. I was thinking about going back to Almond milk but I have sensitive skin and allergic to peanuts. Every time i drink that stuff not sure if it's because of that or the weather which is weird I always end up hitting the gym in the winter and spring time lol. I tried Planet of the oats milk which is a oat milk. Didn't have any problems but it taste so good and heavy like creamy Pause lol but yeah idk debating what to stick with.

oat milk or Coconut milk

Skim milk is good for men who want to add muscle mass.

banxia - September 23, 2020, 10:45 pm

Cow milk is almost the only milk I enjoy taking with at any time. So with my protein, I have always used cow milk. I think that is the sweetest milk I have tried.

Free Kurdistan - September 23, 2020, 10:47 pm

I always use real skimmed milk, it's the best if you ask me.

Bob the Builder - September 24, 2020, 2:34 am

(Sep 23, 2020 10:45 PM)banxia Wrote: [\[CITE\]](#) Cow milk is almost the only milk I enjoy taking with at any time. So with my protein, I have always used cow milk. I think that is the sweetest milk I have tried.

Cow milk strengthens bones and muscles.

ethellooking - September 25, 2020, 4:19 am

Skim milk is a good choice for men who are looking to add muscle mass. It's convenient, inexpensive, high in protein, full of vitamins and minerals, and tastes good to boot

mike.vronsky - September 26, 2020, 9:23 am

According to Pop Sugar, soya milk is your best bet. "Not only does soy milk have almost half the calories and fat content as full fat cow's milk, it also boasts a near identical amount of protein and calcium,"