

Forum:[Hack Forums](#)

Thread: [You wake up whats the first thing you eat / drink ?](#)

Radi - July 31, 2025, 10:13 am

I am just curious to hear what others do when they wake up and start your day?

Like do you wake up and grab some OJ, do you eat first cereal, pancakes, a sandwich or full breakfast ?

I've been lately not eating much breakfast rather just doing meal replacements with protean shakes and then going prepping lunch but the first thing I drink in the morning is some fresh orange juice and some water to wash it down but avoid eating since it causes me to be sluggish throughout the day.

??????????? - July 31, 2025, 10:14 am

(Jul 31, 2025 10:13 AM)Radi Wrote: [\[CITE\]](#) I am just curious to hear what others do when they wake up and start your day?

Like do you wake up and grab some OJ, do you eat first cereal, pancakes, a sandwich or full breakfast ?

I've been lately not eating much breakfast rather just doing meal replacements with protean shakes and then going prepping lunch but the first thing I drink in the morning is some fresh orange juice and some water to wash it down but avoid eating since it causes me to be sluggish throughout the day.

Lukewarm water, honey and some lemon.

Radi - July 31, 2025, 10:18 am

(Jul 31, 2025 10:14 AM)??????? Wrote: [\[CITE\]](#) Lukewarm water, honey and some lemon.

Now that is a interesting one is there a specific reason you do that like for dietary reasons or for gut health purposes ? I've seen people do lukewarm water, ginger, lemon and a spoon full of olive oil so that way they have no cravings until lunch.

??????????? - July 31, 2025, 11:12 am

(Jul 31, 2025 10:18 AM)Radi Wrote: [\[CITE\]](#) Now that is a interesting one is there a specific reason you do that like for dietary reasons or for gut health purposes ? I've seen people do lukewarm water, ginger, lemon and a spoon full of olive oil so that way they have no cravings until lunch.

It is good for health, but I prefer it as my hangover drink. :-p

Mech - July 31, 2025, 11:13 am

Ashwagandha, Maca root, Tongkat Ali, and my pre workout!

Maybe water and some Granola to wash it all down.

??????????? - July 31, 2025, 11:18 am

(Jul 31, 2025 11:13 AM)Mech Wrote: [\[CITE\]](#) Ashwagandha, Maca root, Tongkat Ali, and my pre workout!

Maybe water and some Granola to wash it all down.
Things seems herbal? You use organic or or buy it online?

Mech - July 31, 2025, 11:22 am

(Jul 31, 2025 11:18 AM)??????? Wrote: [\[CITE\]](#) Things seems herbal? You use organic or or buy it online?

Most of the stuff I try to make sure it's all natural.
Everything but the Tongkat Ali is all organic.

???????????? - July 31, 2025, 11:22 am

(Jul 31, 2025 11:22 AM)Mech Wrote: [\[CITE\]](#) Most of the stuff I try to make sure it's all natural.
Everything but the Tongkat Ali is all organic.

Any specific reason to take this combo?

Mech - July 31, 2025, 11:39 am

(Jul 31, 2025 11:22 AM)??????? Wrote: [\[CITE\]](#) Any specific reason to take this combo?
Energy and testosterone brother!
Learning to not be dependent on caffeine made me feel a hell of a lot better too

???????????? - July 31, 2025, 11:41 am

(Jul 31, 2025 11:39 AM)Mech Wrote: [\[CITE\]](#) Energy and testosterone brother!
Learning to not be dependent on caffeine made me feel a hell of a lot better too
I will def give it a try and update you with results.

Radi - July 31, 2025, 11:43 am

(Jul 31, 2025 11:39 AM)Mech Wrote: [\[CITE\]](#) Energy and testosterone brother!
Learning to not be dependent on caffeine made me feel a hell of a lot better too
Caffeine is a like a drug for a lot of people and stopping is really hard since a lot of people are use to drinking coffee in the morning and throughout the day to keep them going in very mundane jobs. I for one have stopped coffee and energy drinks but like time to time you need something to keep you going on long days where you physically can not complete the day without crashing out.

Mech - July 31, 2025, 11:44 am

(Jul 31, 2025 11:41 AM)??????? Wrote: [\[CITE\]](#) I will def give it a try and update you with results.
Make sure to get organic and not the shit from Walmart or Amazon. You'll be surprised with the results.

Radi - July 31, 2025, 11:46 am

(Jul 31, 2025 11:44 AM)Mech Wrote: [\[CITE\]](#) Make sure to get organic and not the shit from Walmart or Amazon. You'll be surprised with the results.
Are there any side effects from doing this and is there a dramatic difference between organic and none organic just wondering since I was read it through the thread ?

tunyacsap - July 31, 2025, 11:55 am

(Jul 31, 2025 11:13 AM)Mech Wrote: [\[CITE\]](#) wash it all down.
interdasting.

W1NK1LL3RX - July 31, 2025, 12:05 pm

(Jul 31, 2025 10:13 AM)Radi Wrote: [\[CITE\]](#) I am just curious to hear what others do when they wake up and start your day?

Like do you wake up and grab some OJ, do you eat first cereal, pancakes, a sandwich or full breakfast ?

I've been lately not eating much breakfast rather just doing meal replacements with protean shakes and then going prepping lunch but the first thing I drink in the morning is some fresh orange juice and some water to wash it down but avoid eating since it causes me to be sluggish throughout the day.

When I wake up, I drink about 25 oz of water, then I make a straight black coffee to start my day.

Radi - July 31, 2025, 12:08 pm

(Jul 31, 2025 12:05 PM)W1NK1LL3RX Wrote: [\[CITE\]](#) When I wake up, I drink about 25 oz of water, then I make a straight black coffee to start my day.

Is there a particular reason why the amount of water is exactly 25oz ? I can not do black coffee ever coats my mouth and then I can't eat anything or drink anything without it tasting like coffee just a bit of creamer helps so much.

W1NK1LL3RX - July 31, 2025, 12:14 pm

(Jul 31, 2025 12:08 PM)Radi Wrote: [\[CITE\]](#) Is there a particular reason why the amount of water is exactly 25oz ? I can not do black coffee ever coats my mouth and then I can't eat anything or drink anything without it tasting like coffee just a bit of creamer helps so much.

I have a 25-ounce mug, so I just fill it to the top and I'm good to go. I usually have about 180 ounces of water daily. It took me a long time to adjust to drinking black coffee, though.

Radi - July 31, 2025, 12:17 pm

(Jul 31, 2025 12:14 PM)W1NK1LL3RX Wrote: [\[CITE\]](#) I have a 25-ounce mug, so I just fill it to the top and I'm good to go. I usually have about 180 ounces of water daily. It took me a long time to adjust to drinking black coffee, though.

Ok now that makes more sense and that you are trying to take in a certain amount of water a day. I have tried multiple times to get into drinking black coffee I just can't get behind it tastes like just putting the coffee beans into my mouth and swishing it around my mouth and bitter.

skull - July 31, 2025, 12:40 pm

The first thing I "eat" and drink.. A cigaret and a energy drink - I know "real" healthy.

No that used to be my go to - now I am actually trying to live healthy.
I drink a glass of water and eat a banana.

Radi - July 31, 2025, 12:42 pm

(Jul 31, 2025 12:40 PM)skull Wrote: [\[CITE\]](#) The first thing I "eat" and drink.. A cigaret and a energy drink - I know "real" healthy.

No that used to be my go to - now I am actually trying to live healthy.
I drink a glass of water and eat a banana.

Eyyy I am proud of you man that's a good way to change things. I know a lot of us were like you before wake up skull a energy drink and go about our day now we are trying to be smarter than that and trying to live better lives.

skull - July 31, 2025, 12:43 pm

(Jul 31, 2025 12:42 PM)Radi Wrote: [\[CITE\]](#) Eyyy I am proud of you man that's a good way to change things. I know a lot of us were like you before wake up skull a energy drink and go about our day now we are trying to be smarter than that and trying to live better lives.

Yeah, its a rough change

Radi - July 31, 2025, 12:45 pm

(Jul 31, 2025 12:43 PM)skull Wrote: [\[CITE\]](#) Yeah, its a rough change

It's is honestly really hard to drop something like that when it becomes a daily habit and trying to build a new healthier one. Since we all know that the healthier stuff is also more expensive while the other stuff is not dirt cheap but almost everywhere you go and easy to access and surrounds you everywhere you go and restraining oneself is hard.

skull - July 31, 2025, 12:49 pm

(Jul 31, 2025 12:45 PM)Radi Wrote: [\[CITE\]](#) It's is honestly really hard to drop something like that when it becomes a daily habit and trying to build a new healthier one. Since we all know that the healthier stuff is also more expensive while the other stuff is not dirt cheap but almost everywhere you go and easy to access and surrounds you everywhere you go and restraining oneself is hard. I mostly agree, fast-food is cheap, compared to the non preprocessed food.

But for the morning routine, I am saving a ton switching from tobacco and energy drinks to water and bananas.

Radi - July 31, 2025, 12:52 pm

(Jul 31, 2025 12:49 PM)skull Wrote: [\[CITE\]](#) I mostly agree, fast-food is cheap, compared to the non preprocessed food.

But for the morning routine, I am saving a ton switching from tobacco and energy drinks to water and bananas.

Most definitely you are saving ton switching from tobacco and energy drinks in the long haul its thousands of dollars. I just hope you switch it up water and some other fruit and not just bananas only I'd get sick of eating them every morning.

Err0rX - July 31, 2025, 6:40 pm

(Jul 31, 2025 10:13 AM)Radi Wrote: [\[CITE\]](#) I am just curious to hear what others do when they wake up and start your day?

Like do you wake up and grab some OJ, do you eat first cereal, pancakes, a sandwich or full breakfast ?

I've been lately not eating much breakfast rather just doing meal replacements with protean shakes and then going prepping lunch but the first thing I drink in the morning is some fresh orange juice and some water to wash it down but avoid eating since it causes me to be sluggish throughout the day.

My routine is like a map, believe me. I wake up, finish morning work, work out, have a simple breakfast, then walk. From sunset to late night, I do bug bounty hunting, then sleep.

Capps - July 31, 2025, 7:51 pm

Water 24/7 + whatever the fuck cravings get in my way, so long as money is available

Radi - July 31, 2025, 8:38 pm

(Jul 31, 2025 06:40 PM)Err0rX Wrote: [\[CITE\]](#) My routine is like a map, believe me. I wake up, finish morning work, work out, have a simple breakfast, then walk. From sunset to late night, I do bug bounty hunting, then sleep.

Interesting routine wait what's morning work is that your actual job ? I like the fact that you get breakfast and then go walking. Now do explain the bug bounty hunting is that like dale from king of hill or collecting bugs ?

Err0rX - July 31, 2025, 8:50 pm

(Jul 31, 2025 08:38 PM)Radi Wrote: [\[CITE\]](#) Interesting routine wait what's morning work is that your actual job ? I like the fact that you get breakfast and then go walking. Now do explain the bug bounty

hunting is that like dale from king of hill or collecting bugs ?

My morning work is cleaning my room and sorting out all the extra files on my device

And about your question on bug bounty hunting — nah, it's nothing like Dale from King of the Hill chasing bugs.

It's about finding security flaws or mistakes in websites and reporting them for cash rewards.

Lefty - July 31, 2025, 9:55 pm

I love spaghetti. I think its the best breakfast food.

diablospartan - August 1, 2025, 11:24 am

Well when i was smoking first thing in the morning was cigarette and a cofee but now only the cigarette

Regarding eating it doesnt matter i dont have a specific breakfast i eat what i like from the fridge

7 - August 1, 2025, 11:25 am

Depends how long I booked the entertainer for really.

But for me redbull expresso otherwise.

Radi - August 1, 2025, 11:28 am

(Aug 1, 2025 11:25 AM)7 Wrote: [\[CITE\]](#) Depends how long I booked the entertainer for really.

But for me redbull expresso otherwise.

I mean that's one way to start your day for sure. Now about that redbull espresso is that like a espresso that you combine into one cup or drink separate in the morning?

7 - August 1, 2025, 11:56 am

(Aug 1, 2025 11:28 AM)Radi Wrote: [\[CITE\]](#) I mean that's one way to start your day for sure. Now about that redbull espresso is that like a espresso that you combine into one cup or drink separate in the morning?

Redbull with ice with expresso on top.. Real good start to the day.

Not great on the heart.

SIM-2362145 - August 1, 2025, 12:01 pm

(Jul 31, 2025 10:13 AM)Radi Wrote: [\[CITE\]](#) I am just curious to hear what others do when they wake up and start your day?

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Water.

pwnedcrypto - August 1, 2025, 5:15 pm

(Jul 31, 2025 10:13 AM)Radi Wrote: [\[CITE\]](#) I am just curious to hear what others do when they wake up and start your day?

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When I do eat breakfast it's your typical sausage, pancakes, eggs... but if it needs to be quick or don't feel like cooking pancake dogs on a stick are the bomb.

As for the drink, soda, Gatorade, or an energy drink for the most part. Water if I feel like I have been sleeping in the desert all night.

K4RM4 - August 17, 2025, 7:23 am

I wake up and go straight for the coffee. I don't usually eat anything in the morning.

P??sonl?af - October 3, 2025, 5:57 am

I would have my morning cappuccino. Nothing beats the first sips after a good night sleep.

Laughing Man - October 3, 2025, 7:10 am

Energy Drinks, I can't function without caffeine.

JoshAllen - October 3, 2025, 7:14 am

I just had a redbull immediately after waking up

Laughing Man - October 3, 2025, 7:16 am

(Oct 3, 2025 07:14 AM)Tyler™ Wrote: [\[CITE\]](#) I just had a redbull immediately after waking up
What is your favorite flavor?

Jamika - October 3, 2025, 7:16 am

Cake and tea , or pepsy if iam not in mood for tea

Walter - October 3, 2025, 7:16 am

(Oct 3, 2025 07:14 AM)Tyler™ Wrote: [\[CITE\]](#) I just had a redbull immediately after waking up
Sounds like a shitty life-style.

Laughing Man - October 3, 2025, 7:17 am

(Oct 3, 2025 07:16 AM)Walter Wrote: [\[CITE\]](#) Sounds like a shitty life-style.

Actually, for anyone who suffers from ADHD, Caffeine adjusts our brains to default settings. That's awful presumptuous of you.

JoshAllen - October 3, 2025, 7:19 am

(Oct 3, 2025 07:16 AM)Walter Wrote: [\[CITE\]](#) Sounds like a shitty life-style.

Nah. Hypes you up for the day.

Laughing Man - October 3, 2025, 7:21 am

(Oct 3, 2025 07:19 AM)Tyler™ Wrote: [\[CITE\]](#) Nah. Hypes you up for the day.

Ignore those who know not anything but the mundane.

Yanix - October 3, 2025, 7:26 am

Interesting approach! I tend to start my day with lukewarm water. Sometimes I eat eggs or a sandwich mostly depending on how much time I have.

sharn - October 3, 2025, 9:11 am

I drink coffee with a splash of milk.

Simple, but essential.

Jack_Napier - *October 3, 2025, 9:18 am*

Warm water. That's a good start actually. I hate tea/coffee