

hey everyone ! im silas :) im ftm and my pronouns are he/they ! i may seem nice and cute now but trust me i am completely different when you get to know me hehe . i love music so much i would probably actually go through withdrawal if i went too long without listening to it lmao . my biggest comfort band is twenty one pilots and some others are my chemical romance , black veil brides , bullet for my valentine , cavetown , and billie eilish ! i can confidently say i love the twilight series and am very very excited to read the two newest books when i eventually get them ☺ i also really love horror movies and anime ! (if you have any rly good animes to watch comment them hehe) . im researching paganism with the intent of being pagan and am a baby witch . i am addicted to monster energy drinks and fire . candles and incense are my only healthy coping mechanisms .



As a reference, for those of you who still eat meat or who recently switched to a plant-based diet, a 3 oz ground-beef burger patty has 17 grams of protein in it; and 100 g portion of ground beef contains 25 grams of protein. The problem with meat is that it also has a high fat and cholesterol content without much else in terms of nutritional value {such as vitamins}, but that will be a topic for next week's Food Facts Fridays!!



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Melatonin signals to your body that it's time to sleep, so it could be an idea to supplement with melatonin, however speak to your go first as a prescription is needed in the U.K. [2]