

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 ③ 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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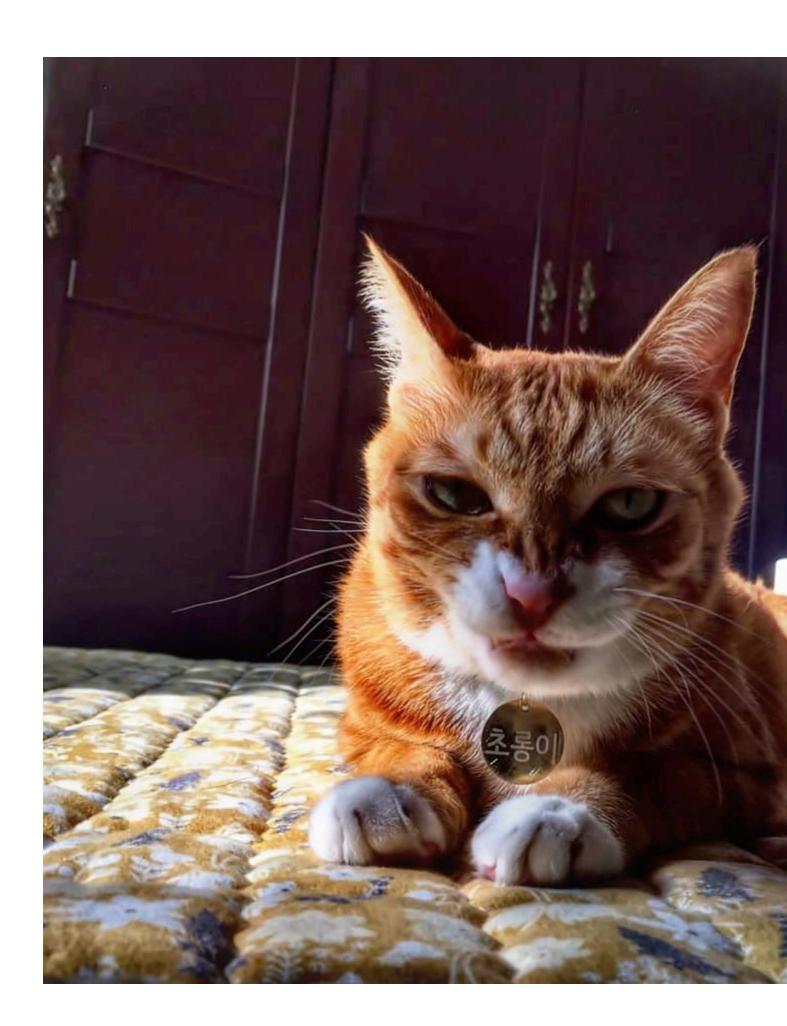
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Melatonin signals to your body that it's time to sleep, so it could be an idea to supplement with melatonin, however speak to your go first as a prescription is needed in the U.K.					