

2019 - A few random posts and comments:

T.P.



to get in their beach ware again 😊. I love reading your posts!! They're great!!

Yesterday 8:54 PM

J. & S. W.

We're still doing great. We workout 6 days a week, only eat Whole Foods and no sugar or starch outside of fruit. We'll keep you posted. It's gonna take another 3-4 months to achieve our goals for target weight/size. I've already had to get a new, smaller belt and I'll need new jeans in a month. Only's wearing pants she hasn't worn in some time.

I'm 3-4 weeks away from the 230's and only's a few weeks from the 170's. It'll take 2-3 months more to get in the 210's for me and 150's for only but those are our goals.

M.P.



...is a big fan of your recommendations :)

Double tap to like

Mar 6, 7:45 PM

J.W.

Hi Danny!

Had my blood work done today for my upcoming physical Friday. My results:

Triglycerides - 105
Cholesterol - 180
HDL - 55
LDL - 115
Glucose - 100

BTW, weighed in at 249 lbs today. Down from 262-264 range from last year.

Mar 5 4:05 PM

I'm no doc...but those are some good numbers. What you think?

Mar 5 4:12 PM

I agree. I went back 4 years and they're the best I've had for lipid panel. I've had slightly lower glucose and HDL, but not much. We're on the Whole Foods only regimen. No sugar, starch or grains. Just nuts, meats, veggies and fruits. Doing great.

Mar 5 4:20 PM