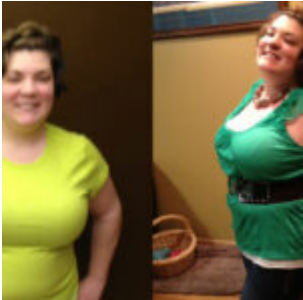


Pastry Chef reaps the benefits of new food habits



Real People Lose Real Weight Real Fast

Listen to successful Plan Z by Zola *Insiders* describe what it's like. Chris, our VP of Anger Management talks to our insiders about their successes and their struggles. Our clients inspire us and we hope they will inspire you, too.

Dieter Ashley is a professional pastry chef. She has made some major life adjustments because of her involvement with Plan Z. And she is reaping the benefits. Her story will inform and inspire you toward your own diet success.

Listen to her story below:

<https://www.planzdiet.com/wp-content/uploads/2013/05/Chris-talks-with-Dieter-Ashley.mp3>