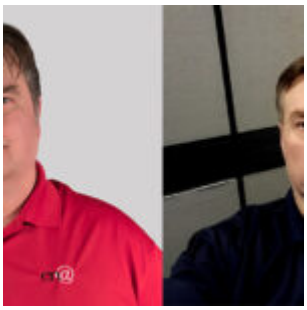
Ex Tennessee Ball Player Loses 46 lbs on Plan Z



Ken in Tennessee lost over 40 pounds on Plan Z. When he stopped playing baseball he stopped worrying about his weight. But it finally caught up with him on the Tennessee Titan’s bridge on his birthday. Finding himself out of breath he stepped on the scale for the first time in years and was shocked. He knew he needed to make a change. Learn what he did to make his Plan Z Dieting experience so successful in this fantastic interview.