

# Husband and Wife Lose 130 Pounds Together



James and Peggy are husband and wife educators from Owensboro, KY. They're intelligent, health-minded, and very active. Unfortunately, they were also overweight – and couldn't seem to combat the pounds that gradually crept on over the years.

Something wasn't right. James owned a lawn care business and played basketball once a week. He was on his feet all day long. Peggy was clocking in over 20,000 steps a day. She did cardio 5 days a week. They were constantly exercising and reducing their caloric intake, but they couldn't lose that extra weight no matter what they tried. Peggy was beyond frustrated. In a moment of frustration, she stood up and said to her husband, "I don't care what it costs, we've GOT to do something!!!"

James and Peggy joined Plan Z together. Even with very different dietary needs (Peggy is a vegetarian and James is a carnivore), they successfully lost 130 pounds between them. James, who was used to waking up at 5 am to exercise before he went to work, says:

*"It was probably the easiest weight that I've lost...the only*

*effort I had to put into it was the cooking.”*

Peggy spent the last 20 years following the food pyramid, eating low-fat foods, consuming diet sodas, dousing her tea with SweetN’ low, and obsessing over cardio-based exercise thinking these efforts would help her manage her weight. These strategies never helped her lose weight. In fact, she was steadily *gaining* each year. It only took her nine months to lose 50 pounds on Plan Z.

Besides the incredible weight loss, Peggy experienced numerous health benefits. James told us that before Plan Z, his wife would wake up five, six, or even seven days a week with a migraine. Incredibly, Peggy hasn’t woken to a single migraine since she started Plan Z in April of 2020. She told us in her interview:

*“Just my energy level, my mind clarity, my no headaches...I just feel so much healthier, and it’s what I’m putting in my body.”*



After returning to work from shutdowns and school closures during the pandemic, James and Peggy's coworkers were blown away by their transformation. Everyone wanted to know their secret. They both looked fantastic. And when curious friends heard what the costs for Plan Z were, they were shocked again. James said, "They thought I was [going to] say \$2000."

When you sign up as Buddies, you each get \$100 off the price of Plan Z. Peggy will tell you that, "The money is no object for your health." And Plan Z is the diet to end all diets. Just take it from James. One of the things he loves about Plan Z is that it's not designed to keep you coming back forever. "When you're done, you're done."

There are even more reasons to try Plan Z today. Listen to the full interview below to hear them for yourself!

Plan Z Diet · Diet Buddies lose 130 Pounds Together