

# **“I’ve eaten naked, boring food for years...”**



Dieter Mackenzie is from Myrtle Beach, SC. The photos above depict her total weight loss of 50 pounds. She was on another diet before Plan Z and when asked to compare her experience on both diet plans she said, “[There is] a lot more food on Plan Z. I can eat a lot more variety of food as well. And I’m not hungry...the big thing is, I get a lot more information and support. When something not going perfectly, I can ask someone...and I don’t feel lost.”

After receiving education on healthy eating from Plan Z, Mackenzie is eating more food each day than she did when she was pregnant. She is replacing fast food, simple carbohydrates, and chemical laden processed foods with quality meats, omega-3 rich nuts, and fresh produce. In fact, during her interview, she mentions, “When I get my rib-eye steak from the store, I don’t get the little lady steak, I get the big man steak now.”

She cannot say enough good things about the recipes she gets access to with Plan Z. She has been inspired to invest more in upgrading her kitchen.

Our VP of Anger Management, Chris Lytle, asked her, “How does it feel to be 50 pounds lighter?”

Dieter Mackenzie provided an impressive list of health benefits:

- Better sleep and no more need for daytime naps
- Reduced thyroid medication. Mackenzie was able to cut the dose of one medication in half and eliminate the other one entirely.
- Improved cognitive thinking
- More dreams!
- Less body pain in her knees, lower back, and feet
- “I feel much younger!”

Have a listen to her interview below.

Plan Z Diet · “I’ve eaten naked, boring food for years...”

## Stuffed Poblano Peppers





**Peanut Butter Dream**



