

My Thanksgiving Wish for You



When this time of year rolls around my thoughts turn to you.

Our dieters.

I am grateful for each and every one of you, so I just wanted to say Thank You for supporting Plan Z.

I also wanted to give you a little ditty I found pretty entertaining. Finally a song about our favorite – butter. Little did we know that all the guilt we had about butter was misinformation. My hero, Julia Child had it right all along when she said, “With enough butter, anything is good!”

Cheers,