

# Debbie Lost 100.4 Pounds



Dieter Debbie decided to do Plan Z after hearing one of our radio spokespeople sing its praises.

She stopped her car and listened and decided to act.

She hoped the manual and spray would arrive in a plain box.

Now she wants to plaster Plan Z all over everything.

*"I just turned 58 and I've done the best I've ever done on any plan I've done. . . . Yes – you CAN do it. The way Plan Z is laid out, the manual, the way they support you, you follow it. It works. . . I feel amazing. I've learned how to eat correctly, the RIGHT way, the RIGHT foods.*

*My knees – I swore I needed knee surgery in both knees. Nope. They don't hurt [anymore]. My back doesn't hurt. I sleep better, I have more energy and I have my smile back."*

This amazing Plan Z Dieter lost over 100 pounds and then had custom T-shirts made to commemorate her accomplishment!

Now she goes regularly to the private Facebook page to encourage other dieters who are on their journey.

Everyone loves her.

Her interview is so inspiring and a “must listen.”

Plan Z Diet · Debbie Interview Audio

She’s a rock star to us all at Plan Z.

Cheers,