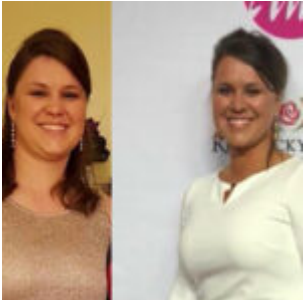


# Here Comes the Bride: Taunya Iverson





In Owensboro, KY, Cromwell Radio General Manager Taunya was buying shirts that were long because she was trying to hide. After viewing herself in some pictures she said, “Oh my god what have I done!”

She had recently seen a coworker who had lost a lot of weight and kept it off, and asked them how they did it. The answer was Plan Z.

*“I just need to do this and get back to being myself”*

Fast forward to today and she's lost 45 lbs. She no longer feels bloated, and no longer needs to drink mountain dew to keep herself awake.

Listen to her talk about her Plan Z experience in her own words by clicking on the interview below:

[Plan Z Diet · Here Comes the Bride: Taunya Iverson down 4 wedding dress sizes](#)

Taunya started Plan Z shortly after deciding to marry the love of her life.

By the time she went for her 2nd wedding dress fitting she was 4 sizes smaller than when she had picked the dress out, making quite a bit of work for the seamstress.

Now Taunya has also fallen in love with the Plan Z recipes. Some of them she knows by heart!

And her 17-year-old son tells her how proud he is of her for sticking with it and kicking those cravings.

Taunya says the most important thing to know is what to eat and what not to eat. With the education she got from Plan Z she's able to keep the weight off, not just lose it.

*"Stick with it, it's definitely worth it." – Taunya*