

# I can do anything for 50 days



*“I was just so much lighter. It was like the wind was at my back and I was thrilled.”*

Like most of our dieters, Dieter Grant heard about Plan Z on the radio. Unlike most of our dieters, he hasn't done much dieting in the past. So when Grant finished Plan Z he was pleasantly surprised by how much weight he lost. During his interview, he told us, *“I kept having to re-set my goals, it was working so well.”*

Dieter Grant wanted education on better eating. What he received was so much more: shockingly simple and delicious recipes, improved lab results, and an everlasting grin. Oh, and much less snoring!

Take a look at his lab results below.

	May 2018	May 2020
Cholesterol (mg/dL)	276	147
LBL (mg/dL)	184	76
HDL (mg/dL)	52	52
Triglycerides (mg/dL)	199	93

Grant achieved our average weight loss of 31 pounds in 50 days. He developed a really catchy mantra to keep him focused on his goal, his landmark on the horizon.

*“50 days is going to happen anyway. How do you want to look at the end of it?” And, “I can do anything [for] 50 days.”*

Tap the image beneath to hear more charming tales from Dieter Grant.

Plan Z Diet · “I Can Do Anything in 50 Days”

One of the things that makes Plan Z so successful is the unlimited inspiration for fresh, home-cooked meals. Our dieters have access to over 900 recipes to choose from and we keep adding more! Dieter Grant didn't have to repeat a meal for more than two or three weeks. One of his favorite recipes is Zola's Asian Balsamic Glazed Salmon. Maybe it'll be your next favorite, too.



**Asian Balsamic Glazed Salmon**