

mzl and the diet

Posted by mzl - 05 Nov 2018 01:14

I'm adding a thread to talk about my diet because I have noticed that when the diet is not going well I tend to get discouraged about other things too.

I'm hoping the diet eventually works and the thread becomes history, as they say.

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Re: mzl and the diet

Posted by mzl - 09 Nov 2018 12:08

Sometimes there will be delicious things to eat that show up at the last minute, long after I plan the food for the day in my head. Sometimes I will be sick or exceedingly tired. I cannot manage my weight if I'm not willing to stick to the food plan even when it hurts.

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Re: mzl and the diet

Posted by mzl - 09 Nov 2018 15:32

If my diet is mainly fat (under my calorie need) then eating a lot of protein or carbs will make me feel really hungry (tried several times.)

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Re: mzl and the diet

Posted by mzl - 09 Nov 2018 15:34

This morning before eating breakfast I took a moment and made a mental plan for what I will eat until tonight.

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Re: mzl and the diet

Posted by mzl - 11 Nov 2018 09:43

Shabbos was a train wreck as far as the diet is concerned. It was lots of chained events that began with me treating myself to a few drinks.

I think making alcohol an integral part of the diet is a bad idea because I have a very rigid regimen and I need to stay sharp. It's just not worth it.

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Re: mzl and the diet

Posted by mzl - 11 Nov 2018 09:45

I need to stock up on some cold drink I can use to supplement salts a few times on Shabbos because I can't make broth. I found one such drink when I was at work that seemed to do the job.

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Re: mzl and the diet

Posted by mzl - 14 Nov 2018 11:09

B"H the scale is not horrible this morning. I don't deserve it ...

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Re: mzl and the diet

Posted by mzl - 19 Nov 2018 13:50

Threw away the diet yesterday and stuffed myself. Nothing filled me, as usual, so it set me back and didn't even scratch my itch so to speak.

Now I have to get back on. I think the only way that will work is drink water and put off eating for a while, and then resume eating tiny volumes under my (total daily) calorie need. Else I'm going to fold.

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Re: mzl and the diet

Posted by Hakolhevel - 19 Nov 2018 22:11

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Re: mzl and the diet

Posted by Hakolhevel - 19 Nov 2018 22:12

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Maybe you should incorporate shnitzel and kugel into your diet

Re: mzl and the diet
Posted by mzl - 19 Nov 2018 23:11

[Hakolhevel wrote on 19 Nov 2018 22:12:](#)

Maybe you should go on the gye diet. Have some shnitzel and kugel

I think this is one of my favorite posts of all time.

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Re: mzl and the diet

Posted by mzl - 20 Nov 2018 14:15

So yesterday I ate very little and also drank very little. It occurred to me that if I stuff myself one day I am then full of water (75%) for the next day. So I just drank coffee for most of the day. Then late in the day I ate small volumes. It was amazing that the scale dropped by something like 7 lbs over 24 hours, basically all water weight.

Just recording this for the future because I will screw up again.

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Re: mzl and the diet

Posted by mzl - 21 Nov 2018 16:20

It's amazing that when I'm at work I don't get hunger pangs. I think it's basically because I only have the food I bring with me. I think the hunger is basically a side effect of me thinking about a big hot meal in the back of my head. Nothing big and hot to eat out there, no feeling.

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Re: mzl and the diet

Posted by Markz - 22 Nov 2018 17:12

Wierd last post your wrote on the forum (maybe you deleted it already...

You should try a different diet

It's called a ?????? ?????

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Re: mzl and the diet

Posted by mzl - 22 Nov 2018 18:11

[Markz wrote on 22 Nov 2018 17:12:](#)

Wierd last post your wrote on the forum (maybe you deleted it already...

You should try a different diet

It's called a ?????? ?????

You are not in a good place. Be careful that this hostility doesn't affect your sexual sobriety.

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