

35 LBS LOST AND “NEVER HUNGRY!”



BEFORE MEASUREMENTS

Weight: 226
Pant Size: 38-40

AFTER MEASUREMENTS

Weight: 34
Pant Size: 28

Q&A:

Q: WHEN DID YOU BEGIN YOUR F-FACTOR JOURNEY?

A: August 5th, 2018.

Q: WHAT ARE SOME OTHER HEALTH IMPROVEMENTS YOU’VE NOTICED SINCE BEGINNING F-FACTOR?

A: My blood pressure, glucose levels, cholesterol and uric acid have all improved.

Q: HOW DID F-FACTOR HELP YOU LOSE WEIGHT?

A: By adding fiber, which kept me full longer, I was able to eat smaller portions and less throughout the day which helped me to lose weight. I also cut out unhealthy fats and lowered my carb intake. The recipes from the book were life-changing and made eating my favorite foods easy and healthy! I read *The F-Factor Diet Book* and followed all social media, including Tanya as well as the other R.D.s at F-Factor.

Q: WHAT DO YOU LIKE BEST ABOUT THE F-FACTOR PROGRAM?

A: I’m never hungry and I eat out at restaurants all the time!

Q: WHAT’S YOUR FAVORITE WAY TO MEET YOUR DAILY FIBER GOALS?

A: I just started adding the F-Factor Vanilla Protein Powder to my coffee every morning in addition to my 6-8 GG Fiber crackers.

Q: WHAT’S YOUR LIFE LIKE NOW THAT YOU’RE LIVING THE F-FACTOR LIFESTYLE?

A: Fiber is king! I am able to eat out at restaurants I enjoy and haven’t really had to cut back on my portion sizes. I steer clear of foods like bread, pasta, beer and cake and include high fiber foods in all my meals! This is the greatest lifestyle, food-wise, I have ever undertaken