

## The Totally Made-Up Laura Stack Weight Loss Plan

On May 1, 2012, I stepped on the scale and gasped: 165 pounds. I'm 5'5", and I weighed 165 pounds when I was 9 months pregnant with my first child. "That's not okay," I remember thinking. "That's it." I decided right then to take better care of myself and lose the weight. My goal was 125 pounds, which is what I weighed before I got pregnant with my first child (my "normal" weight). This would be a loss of 40 pounds. (Of course, these figures and goals are mine alone, and you must make your own decisions about what is right for you.)

I knew it would take a combination of diet and exercise to lose that much weight. So I decided to start running (random I know). I used a beginner's running program I found at <http://www.runningplanet.com/8-week-beginning-runners-plan.html> and followed it exactly. At first, I could only run for 30 seconds before being out of breath (literally). After two months on this program, I could run two miles without stopping.

Then I changed my diet. I am not good at calorie counting or tracking points. But I am very good at setting limits and eliminating things from my diet. I simply picked foods that were my weaknesses and chose not to eat them, until I lost the weight. The only exception is major U.S. holidays (Thanksgiving, Christmas, etc.). Even now, after I've lost the weight, I limit what I call **The 4 B's**:

1. **Bread** (processed carbs such as hamburger buns, regular bread, pizza crust, egg rolls, bagels, muffins, etc.)
2. **Beer** (enough said). Red wine and vodka with diet mixers (tonic, soda) are okay on my program (yay!)
3. **Boxed foods** (anything that is sold in a box: pretzels, snack foods, crackers, popcorn, chips, macaroni and cheese, etc.)
4. **Bonbons** (sugar: cookies, candy, cake, pies, donuts, etc.)

So what does that leave? A ton! I often have a shake in the morning with milk, peanut butter, banana, and vanilla, yum! Eggs and cheese are on my diet, EVERY type of fruit and vegetable, salads, all proteins, yogurt, tortillas (I love tuna salad with mayo wrapped in a tortilla), Jello 10-calorie sugar-free popsicles and jello, nuts, hummus, etc. Occasional potatoes, whole wheat pasta, and brown rice are carbs, but they are technically on my diet, because they aren't bread. I'm more into the "spirit" behind the intent, not being rigid. For example, if a food has sugar IN it, such as spaghetti sauce, I can still eat it. So high-fiber, high-protein, low-carb power bars and cereals are still in (I like mixing Kashi Go-Lean cereal into my yogurt).

And that's it! The exercise and making some foods "off limits" resulted in stepping on the scale on September 1, 2012 and seeing 122 pounds. YOU CAN DO IT TOO!

I unabashedly recommend my book, [The Exhaustion Cure: Up Your Energy from Low to Go in 21 Days](#), to give you more ideas on boosting your health! HAVE FUN! Please let me know how the program works for you!