
Krantze\'s day 1 and 47 (second try)

Posted by Krantze_ - 2008/06/30 16:15

EDIT: Thanks Glenn.

Check out the CB gallery in my profile.

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Re:Krantze\'s day 1 and 47 (second try)

Posted by he4dhuntr - 2008/06/30 16:40

Wow looking good! Looks like you're getting some great results so far. Are you following the diet or just eating healthy? And are you taking any supplements? Keep up the great work! Cheers!

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Re:Krantze\'s day 1 and 47 (second try)

Posted by Iskarp - 2008/06/30 16:47

Good work Krantze!!!

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Re:Krantze\'s day 1 and 47 (second try)

Posted by Krantze_ - 2008/06/30 18:54

Thanks a lot guys. I'm not following the nutrition guide at all. The only thing I got from that was using egg whites instead of real eggs for my omelette's. I'm just eating really healthy and usually very little. I'm hungry pretty much all day. It affects my workout during plyo but I'm going by the basic "burn more then you take in" concept. I usually eat a good breakfast then nothing till my workout and after that I eat a protein bar and some salmon and a fruit drink. For dinner I have something high in protein.

EDIT: I have been taking green tea supplements since last week, but thats all. I highly recommend you look into green tea as well. Not only will it help you lose some weight but it has a ton of other great benefits.

Let me try to post my pics again:

http://www.weightloss-hq.biz/images/fbfiles/images/IMG_1359.gif

They are bigger on my profile, but there ya go...finally.

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Re:Krantze\'s day 1 and 47 (second try)

Posted by Les - 2008/06/30 22:58

Good Job Krantze

very inspiring

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