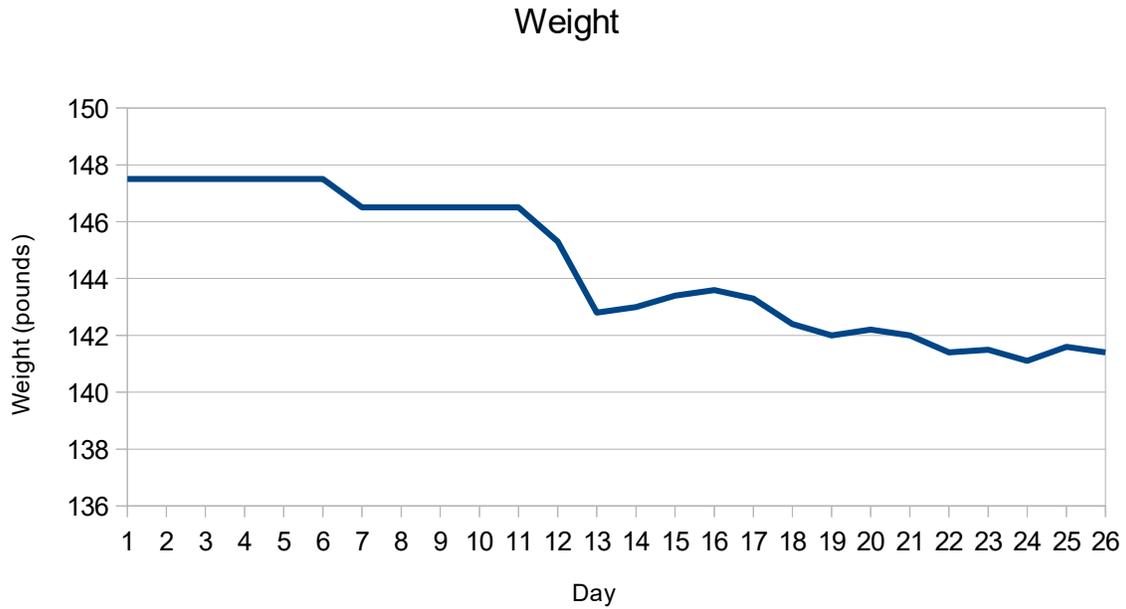
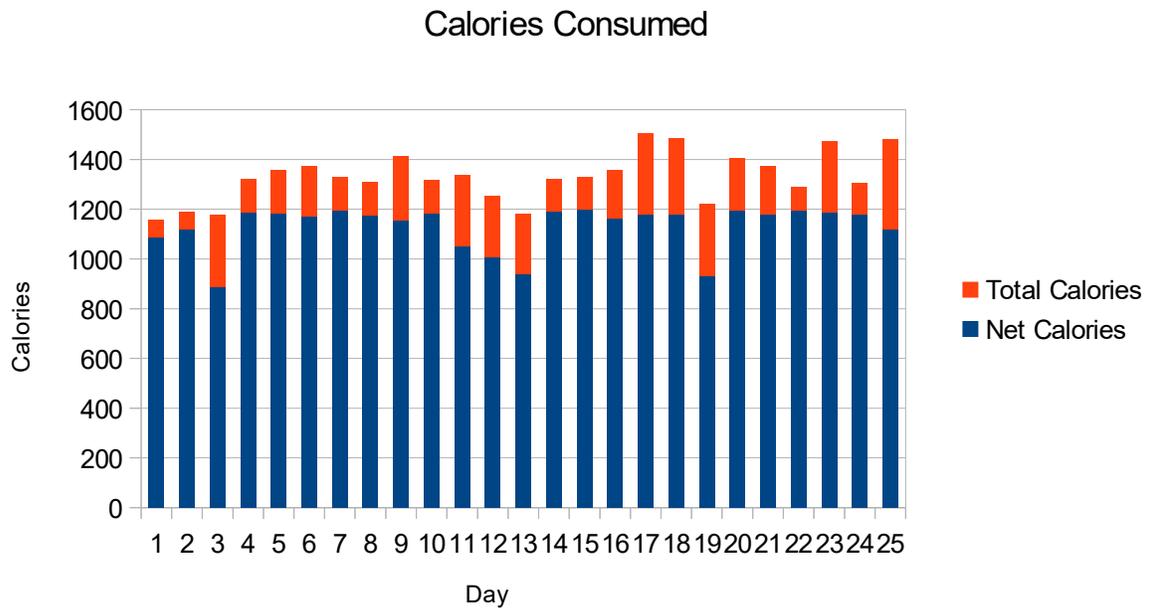


## Faye's 2019 Diet: The First 25 Days

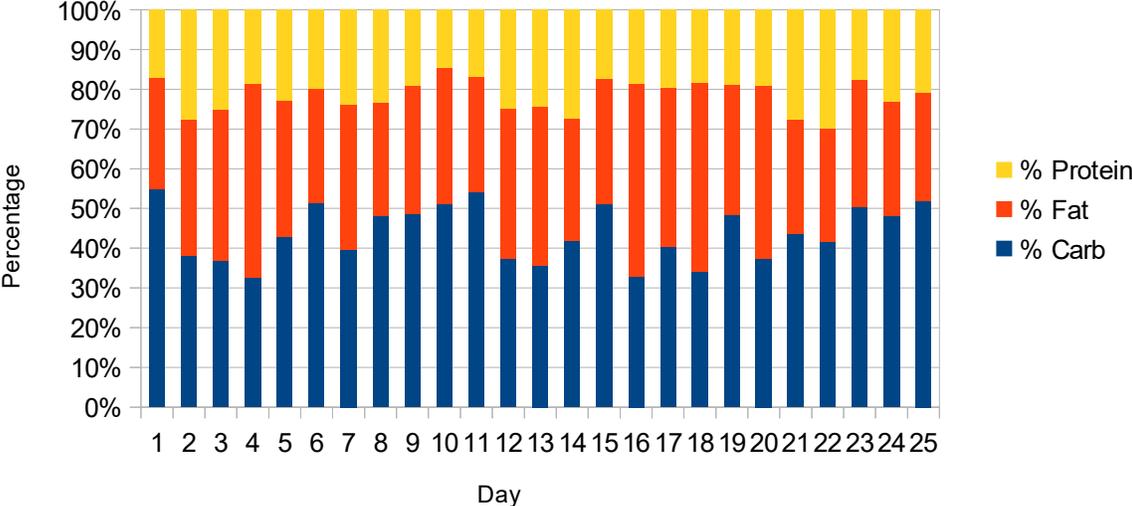


The first 12 days are based off only three measurements taken at the gym (minus 1.5 lbs to account for clothing); after that, the weights are taken daily in the morning. Total weight loss at Day 25 is around 6.5 lbs, which is the equivalent of about 1/4 lb per day, or a bit less than 2 lbs per week.



Net calories are the total number of calories consumed, minus calories burned through exercise. Net calories have not exceeded 1,200 on any day of the diet so far.

# Calorie Breakdown



Average percentages:

Calories from Carbs – 44%

Calories from Fat – 35%

Calories from Protein – 21%