

The Return of The Scotch Diet

Did I possibly drink a bottle of wine last night....and maybe I may have possibly followed that up with a sip...or 2...of scotch....

The silver beast stared 235.8 back at me this morning....dehydration? You betcha!

Hell, that's 8 pounds in 3 days....if only I had enough moisture left in my skull to pull that off another night....well who knows how low I could go....

So...I ate 4 eggs and 3 slices of toast for breakfast...a few shakes through the day...and a monster steak with salad for dinner....and the above noted liquid calories....

30 minutes of uphill running on the treadmill....

Today I lift....I'll be sweating liquor....there is nothing but that and coffee in me at the moment....

Combatants for this round of the man blog.....

Arthur at 195 and holding

Beagle started at 201.7 and has broken the 200 pound barrier in just a few days....he weighed in at 198 this morning...198!

Ayhan the king of Turkey has nothing to lose....but he is giving it a go...he started at 189.2 and has been down then back up and he now sits at 189 even....I'm not sure if Ayhan is dieting at all...I mean the guy simply has red wine over beer and he dumps a pound a day.....

Parker....FAT...what do you want me to say...255 pounds....measly pounds.....

The Spy.....his weight is a secret at this point....it's a huge number and I'll post it here daily even if the spy wants to keep it a secret....let's say 285....to be fair....

Pirouz had his camera out in the gym again last night...there may be a no photo policy but he doesn't care one bit...158 pounds. Pirouz and Beagle are the same height if that gives you any reference....I'm just saying....

Vinnie is at it again...he will lose weight for sure now that his Cuban son inlaw has moved in...its chicken and onions every night at the stallions residence....pasta is a thing of the past! Vin is down to 176 from 179.5....chicken is the secret kids...

The old fart isn't playing this time around, Trafford is still pissed they swapped the carpet out of

Carlingwood for slippery tile...they think a slippery when wet sign means anything to seniors....those son of a B's are handing out broken hips FFS.

I'm not sure if the senior is secretly shaking it up or not...I suppose 40ish days from now when we are all on the beach we will check out his super old 6 pack.....the oldest ab in the Dominican Republic.

Tomorrow I'll get a few photos of the fatties....no weigh in....no problem....

007.....get your act together or I'll melt you on the internet.....I hate to pull photos of the spy from the public domain and attach them onto Jenner's present physique....to be fair you should consider it.

If you've made it this far....I'll tell you a secret.....

I'm madly in love with my wife....she has only been gone a year.....I miss her every damn day.....

I'm trying.....I really am....

Babe.....I love your face.....