

The show begins....

The Fat Man Blog

It's on, Russett laid out a proclamation...he plans on losing 30 pounds in 30 days....by Thanksgiving our friend plans on coming in at 175 pounds....

So me...what do I do....agree to attempt the same.

Russett is 204.6

I'm 236.6 this morning, down from my official 30 day challenge weigh in of 238.6....and really, I'm down from 244 last week, which is when I decided I was going to do this.....diet...

The decision came during the HTG street party, some time between 11pm and 3 am....the days clearest hours. Not a super big deal...but standing there beside Auns reviewing the crowd....it just struck me....this is too much...and Ev would not be happy...might as well dial this down a bit. I'm not the spring chicken I once was!!!! Do I really need 3 dinners every day?

So this is it...a diet in my life means 1 dinner...it doesn't mean I'm restricting very much...well candy bars....I won't be able to have 10 of those a week like I normally do but I did manage a wee bit of home made banana bread last night....it won't eat itself!!!! I can't toss it out!

So...I'm just eating better, I've had a salad every night for dinner since monday....and not just a salad, the entire salad....oh wait...and a nice tenderloin Monday Tuesday and Wednesday...and salmon last night....So, ya, not starving.

Wait....I had a glass of red wine last night....it's good for the heart....and the soul....maybe I should have one now....no...5:30 am....I'll have coffee....one second.....

Done...nice.

Okay...along with Russett and I on this journey will be Krista...she will not lose 30 pounds in 30 days...as far as I can tell from her sweat lathered facebook posts she likely has nothing left to lose...but she is one of these beach body coach people....she has a mission. We will include her anyway....Then there is Richard from across the street....

Richard across the street.....sorry buddy...if you read this....sorry...

Richard told a few of the HTG boys maybe 6 months ago that he was starting a diet...he weighed in at a svelt 380 pounds and his goal I believe was to lose 80 of those....so he wouldn't be having a beer with us....well...maybe just one....ish. An hour or so later Richard's wife stopped by with a

cookie....

.....No word of a lie the thing was as big as a dinner plate...freshly wrapped in plastic while sitting on a Styrofoam plate...the cookie was too big to support it's own weight.....

Richard was called out on this wee treat and told us he would just be eating half....the man actually took him xmas ham sized hand and rested it on the cookie showing us the half he planned on eating.....first....

oh my geezus.....I love it.

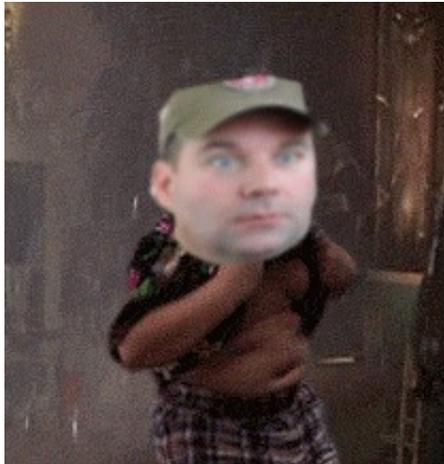
well 6 months later and Richard says his diet start Monday....so he is in,

Oh...just remembered...Russett and I have a bet, who ever loses the least weight by thanksgiving has to buy a bucket of KFC for the other....its low carb....

Of course we will include terrible photos of Kevin Parker and Seamus into the mix...and whatever else I dig up...like this old treasure.....



Which is actually my favorite photo of Kevin...I love it...it's not even photoshoped....not like this next one.



So...before I close the fat man blog portion for today I would like to finish of with one important note....

This is not fat shaming. We are fat...and obviously not ashamed....What is fat shaming anyway....feeling bad for eating too many bonbons? Nope...we eat our bonbons without shame.....

The Lify Bit

Charlotte asked me on Monday if I would be sharing Mommy's stone, to which I responded yes. I told her I would be happy to be beside mommy when the time came....it's an odd conversation to have with my daughter but the questions do come up...and at least when I'm put in the ground I won't be rolling solo!

Her little friend was standing beside her trying to figure out what in God's name she was on about....but that too is the Lify bit.

What else do we have...Syd got a new job yesterday, she will be creating ice cream wonders at DQ starting Tuesday...fun stuff...Ave is at Grandmas for Bridgitte's wedding, Rhi is pulling in shifts like crazy and really coming out of her shell...and Charlotte has 20 hours of ice this week.....

I've been up since 3am...and now I'm going to attempt a the first of 30 30 day shreds with Jillian Michaels....Ev is either smiling or laughing her ass off....we shall see.

The Quote of The Day

Shame is the most powerful, master emotion. It's the fear that we're not good enough.
Brene Brown

What is good enough....Have I been good enough....good enough

son....brother...father...friend....lover....human....

No....I haven't been good at all of these things all the time....but I try....if I fail I try again....harder....I do try....

One thing I won't be shamed for....sitting here writing my feelings....I will deny them face to face...but sitting here I will not be shamed....

and that kids makes me sad....

Time for some punishment....Ev style

Babe....you better hope this doesn't kill me.....

XO