

## Starving may be a thing....

Yesterday I had 2 eggs and a slice of rye toast for breakfast...lunch....a bowl of home made soup....dinner...a steak...and some chicken, a salad.....I may have had an ice cream sandwich....wait....no....I had 2 .....we are out of those if I don't buy more!

Then....poker...it is Wednesday after all...and like the man blog of new old and always...we do get out once in a while....

I won \$130, drank 4 beers and left....I may have eaten several handfuls of bits and bites....on my way home I stopped for snacks for the kids....chips, a bag of twinkies, dip....a bag of bits and bites....

Ya...I ate some of or all of all of the above....

today's weigh in....239.4 Up

Hey....30 days starts on the 9th doesn't it?

Russet.....he had a salad at lunch....no dinner. zip nothing ,nada.....he did have track suits...at some point in the night he switched to diet track suits....which means zero cal red bull.....he did eat some bits and bites...I saw it.

His weight....200.6

So....he starved himself and lost.....5 pounds...is that the key?

OR....maybe the first salad Russett has had in 2 years did the trick....the man shat 5 times during poker....it's his once every 24 month cleanse....one leaf of lettuce will do that to you if you haven't had a veg in years.

No updates from Krista and Richard today....guess what that means????



I'm still being nice.....ish

I haven't heard much in the way of niceties from Seamus in regards to his shirt yesterday, a bit of abuse....but that's about it....he is up.

I bet you Seamus is over 340....Richard I'm guessing is down....378.

Krista....her husband is telling her to send the weigh in....anything to make the photos stop!

Krista...unlike the rest of us here, does work out and sweat and eat right....all the important stuff.

Not that Seamus isn't getting a good old fashioned sweat in ...like OLD fashioned....I'm not sure if this is photoshopped or not...I just stumbled onto it....



Ya...I don't know what to say about that...it is what it is people say...I've heard...

You can tell from the photo...at that point in his life he was working out....HARD!

**The Quote of The Day**

*I'm looking forward to the future, and feeling grateful for the past.*

*Mike Rowe*

The man blog is what it once was...better...a laugh....

As I've said 100 times...Ev would be anxiously awaiting me to say it's done so that she might read what punishment lay ahead for my buddies....a diet ongoing for 6 years plus....

One of these days we will actually lose weight....well not Seamus....but the rest of us...even Kevin will get skinny some day.....

Babe....XO...big stuff in the works here...and I know you love it.