

## Addiction....

Am I addicted to alcohol.....

No....

smoking.....not a chance....

drugs....I simply don't have the time....

chocolate....I'm your huckleberry!!!

I'M A FOOD ADDICT!

now...am I addicted to food....eating...or what I eat....hmmmm

I think just food...I like a bit of the manger....an example.....

Wednesday night poker....let's see, Wednesday I went to the gym....worked back and biceps, a reasonable workout for my first week in, just my forth visit...

Woke up had my coffee....some water...gym....4 eggs with 1 slice of toast....dinner....Oh, I made Szechuan crispy beef with a side of broc and rice....delicious.....

and off to poker...

At poker there were 6 dozen eggrolls.....now....this eggroll issue goes back deep deep into the history of the man blog....I've been pounding back dozens of golden palace eggrolls since.....well since I could walk it seems.

So....for the first hour I eat nothing....zero eggrolls....then a dozen donuts show up....no worries....no frigin way am I going to eat a donut.....then.....

At some point I start looking up calorie counts on different tim hortons donuts vs eggrolls.....like...a donut has 240 cal vs 195 in an eggroll....and I'm thinking it's a sin that eggrolls aren't a 2 for 1 against a donut....

But what's 195 calories....and really...eggrolls do have SOME protein right....what's one eggroll....

What's 2 eggrolls????????

In the next 20 minutes I crushed 6 eggrolls and 2 donuts.....

I mean....come on.....

I can go 10 days so far this month without a drop of alcohol and I can't go one night without a frigin eggroll....and 2 donuts!!!!

This is a problem....

Okay...the next 20 days....until the end of the month....no chocolates.....seem easy? I had 10 chocolates before bed last night....like....just before bed....I would have eaten 4 times that many....but they really were crap chocolates.....

And if I hadn't just sworn off them....I'd eat the crap ones tonight.

**Yours Truly**

237.2 pounds....

That's not going to change unless I stop shoving whatever crap I can find into my mouth.....

Like right after I had dinner last night I started searching the fridge.....give me a break.....

I asked Paul on Thursday how he does it....how he goes without eating....he has mucho experience with diet....not man blog diet, serious lose 100 pounds type dieting....his answer.....he knows the alternative to not eating late night donuts.....

so....we will see if I can go without chocolate for the rest of the month....will that make a difference? So far not drinking hasn't...but as I've said...not drinking is easy.

**Krista**

I must post a correction for Krista...her starting weight was not 158....how dare I....it was actually 153....and she weighed in at 152 last I checked.....

Yep.....

Imagine where she might be without all those sweaty facebook updates!



## **Russett**

The Beagle had one eggroll and one donut....I believe....he did manage to win 400....so 2 wins?

Although the shortest of the competition did manage to see the 180's he has crept back up and weighed in this morning at 192.4 pounds....reasonable.

Russett is much better at starvation than I am....maybe...

It's seems that in Russett's 40...some 7 years ago he cracked into the 170's....I'll have to do some digging into the really really old man blog....it doesn't even exist here....I know I was 260 back then....

Geezus.....

## **Glen**

Glen claims to love Greco....he offered up a weigh in of 247 pounds...I think that's 11 pounds maybe????

He says he is down a few holes in the old belt.....

hmmmm....I wonder what Glen is eating.....

## **Seamus Richard and Donald**

These 3 are laying low....either Donald is once against hiding out due to an issue with his medication or Seamus and Richard have consumed him.....one is just as likely as the other with

this lot....

sadly.....

### **The Quote of the Day**

*Whether it's the best of times or the worst of times, it's the only time we've got.*~Art Buchwald

Do we spend our days wisely....I suppose every one has a different idea of what that time is best spent on...to some the time it takes to stop and smell the roses is a waste....to others a minute in an office building is one too many....

Live life....bigger.....

Today will be the first day I don't have chocolate for the rest of the month....so that's 2 items on the list....

Babe....remember that 21 day sugar detox....lol....I miss you....

XO