

It's finally over. I had an exhilarating experience in my weightloss journey with Pureline Nutrition. It challenged me with obstacles that only a strong sense of will power can overcome. My fitness lifestyle began in the year of 2012 when I first stepped foot inside a gym to lift weights. Since then I've learned many things about nutrition, fitness and using the tools to keep my mind and body in tip-top shape. There have been many ups and downs throughout my life including pains, imbalances, and a torn shoulder. No matter what the case I've always been able to keep going and keep thriving. The hardest part of staying fit is staying on a clean and healthy diet. For me, it isn't always easy to do that for a long period of time. So I decided I'll just go all in and try the 56 day weightloss challenge by Pureline Nutrition.

In order to succeed in losing weight I knew I had to put myself on a strict schedule of eating and carefully balance my macronutrients fresh with lean meats, veggies, fruits, and nutritious clean carbs. Every week I cooked a batch of meals for my lunches and breakfast every day during the week. I only cooked meals for the times that are always the hardest in terms of ensuring a clean diet; and that is the time I'm at work. I did a carb cycling diet where I would do high carbs and low carbs every other day while increasing my fats on my low carbs days. This allowed me to consistently and sanely lose weight. It isn't easy going low carb for a long period of time especially when you want to keep muscle. In addition to the meal preparation I kept myself accountable with a calendar that I would put checks for days I exercised and those I was able to eat food according to my diet. This was extremely helpful to keep my mind on track and focused on my goal. To get an extra edge I included a Pureline Nutrition supplement called Biofactor real food carbohydrate complex. I chose this supplement because I wanted a way to get enough clean carbohydrates on my high carb days without sacrificing my nutrition schedule. This product includes real and complex carbs instead of bad simple carbs that are not conducive to a weight loss regiment.

I would like to thank Pureline Nutrition for putting this challenge on for the public and creating a competitive environment for people trying to become a better person. I would also like to thank my fiance Jordan who stuck with me throughout the entire experience and also did the challenge with me. I could not have done it without her support. I also cannot forget about Ken Laney who trained me through his Body1rst program and way of life. He is a great mentor.