

I was very fit aerobically but I couldn't seem to get below 210-215 lb though. I was 'stuck'.

I mean, I was eating what I thought was 'healthy' - wholegrains, fish/chicken breast, veggies, low sugar, no chips/chocolate/junk food (hadn't had pizza in a year). Don't drink alcohol, don't smoke, never drunk tea or coffee, etc (yeah, I'm boring). You know the drill - trying to be a health nut.

Problem was, I was eating so MUCH of it! Plus I was saying to myself (usually subconsciously) things like "it's ok to eat that, you've just done a big workout and burned 1000 calories...", but not realizing that what I would then eat would often be way more than 1000 calories! In fact, the concept of a 'calorie' didn't even compute! I was just ignorant of the whole Calories In / Calories Out.

It Was All Diet

Reading AGD made me realize that my DIET was what was stopping me from getting the body I wanted.

I work hard when I'm in the gym but I'm Mr Lazy in the kitchen: I can just about scramble an egg on a good day. I had hit the point where I was trying out diets that expected me to eat chicken breast & brown rice (or equivalent) 4-5 times a day, and have a fridge full of tupperware containers of this muck. I did not want to become 'the chicken and rice guy'. I didn't want to give up my cereal and bread; I wanted the (occasional) slice of pizza or bag of chips or chocolate bar. The thought of being able to eat what I wanted (just with calories way under control!) under AGD was mind-blowing. Hey, I was already eating mostly 'healthy' food anyway (hah)! And getting away from the zillion-meals a day idea...yeah!