

## 37-YEAR-OLD FEMALE DOWN 30LBS IN 1 YEAR



### BEFORE MEASUREMENTS

Weight: 143  
Pant Size: 30



### AFTER MEASUREMENTS

Weight: 115  
Pant Size: 25

#### METRICS:

AGE: 37

HEIGHT: 5'0

#### Q&A:

**Q: WHAT WAS LIFE LIKE BEFORE STARTING THE F-FACTOR DIET?**

*A: I had gained 35lbs during my second pregnancy and was trying to lose that weight as well as the rest of my first pregnancy weight. I ate healthy but not a lot of fiber. I exercised moderately and I ate "clean", but I felt tired and not my best.*

**Q: WHAT INSPIRED YOU TO MAKE A CHANGE?**

*A: I kept seeing and hearing about F-Factor online and decided to buy GGs and begin! I heard great things about F-Factor and liked the idea of not sticking to one type of food diet, like low-carb or fat-free.*

**Q: HOW DID F-FACTOR HELP YOU LOSE WEIGHT?**

*A: It helped keep me full and keep me regulated!*

**Q: HOW LONG HAVE YOU BEEN FOLLOWING THE F-FACTOR DIET/LIFESTYLE?**

*A: 1 year and I'm down almost 30lbs.*

**Q: WHAT ARE SOME OF THE BIGGEST CHANGES YOU'VE MADE TO YOUR DIET?**

*A: I drink more water and I eat a lot of fiber.*

**Q: WHAT ARE SOME OF YOUR FAVORITE HEALTHY STAPLES THAT ARE ALWAYS IN YOUR KITCHEN OR WITH YOU ON-THE-GO?**

*A: Turkey Pepperoni, Rao's Tomato Sauce, PB2, Laughing Cow Cheese, Everything But the Bagel Seasoning, Lily's Dark Chocolate Chips.*

**Q: WHAT DO YOU LIKE BEST ABOUT THE F-FACTOR PROGRAM?**

*A: That I can eat most foods! Just add lean protein to fiber!*

**Q: WHAT'S YOUR LIFE LIKE NOW THAT YOU'RE LIVING THE F-FACTOR LIFESTYLE?**

*A: I feel a lot better, and I want to lose these last 5lbs to be back where I always was. I'm sure that I can do this with F-Factor!*