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I just could not stop eating! I have been battling my weight since I first got pregnant. I was never that slim but after having kids the weight just seemed to keep piling up. In the end I was 300 lbs + with no



relief in sight. I tried so many diets and exercise programs but the weight just seemed to keep on rising. The worst part was the fact that even though I managed to lose weight with some of the diets as soon as I stopped them I just gained all the weight back and then some. The most unpleasant experiment was with hunger suppression pills. These worked only if I remembered to take them and as soon as I stopped the hunger would hit me so hard that I did nothing but eat like an animal. On top of this they caused me to have mood swings.

I was at my wits end until I finally came across [EDiets](#). It was the answer to my prayers and definitely saved my life. The meals are customized for you and delivered to your home. I just filled a simple form about my preferences and goals and the system came up with a great diet plan, especially for me. On top of that I received expert counseling from a professional dietitian. This was a great help as it helped me to understand the science of it all and above all it kept me motivated and focused.

As well as an excellent diet planning system [EDiets](#) also offer a bonus fitness plan. This is a nice addition to the meal planners because it ensures that you manage to burn maximum calories and that you will be successful. The fitness planner helped me to stay on track and really concentrate on losing those pounds.

They also have an online tracking system. This was very valuable for me as it let me know exactly how I was doing. If I started to slide my dietitian helped me adjust the plan so that I could stay on track and continue to lose weight.

The diet planning and expert advice that I have received from [EDiets](#) is priceless. It is in fact much cheaper than the usual diet programs and much more effective. Where else can you find help from a professional dietitian and custom meal planners at this price?

I can truly say that [EDiets](#) saved my life. I was so heavy that I became tired just going upstairs. I was taking little or no exercise and getting pains in my knees and ankles. My doctor was concerned and urged me to take some immediate action. In fact she was the one that recommended me the EDiets website. Now I have a brand new lease on life and have been able to not only lose weight but keep it off.

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