

Dear ~~Ray-Crook~~ McDonald's,

I used to miserable, everybody at work used to call me fatty, overweight, pignogin, and dragging canoe. I used to lounge around all day and drink beer, smoke fancy Danish cigars, and watch Golden Girls (and occasionally Matlock) reruns. I never ever had a girlfriend (or a friend for that matter) my whole life. I tried many weight loss plans before such as: Atkins, the Angus Diet, the Jared Plan, the Bulimic Diet, South Beach, The Hollywood Diet, Sugar Busters, Curves, Stacker 2, Stacker 2 Lite, and Stacker 2 Ephedrine Free, and Starvation. None of these worked for me. In fact I gained more weight on every single one of these diets. Even my mom said I was a cyst on the ass of humanity. So anyway, there was one diet I had yet to try. The MacDonalds diet. Everybody rules it out before they even give it a chance. With all the leftist propaganda that is out there it is often times hard to blame them. Here is a picture diary of my progression through the diet.



Me at 3 AM as found by my roommate (2 days before diet)



Me at 3 AM as found by my roommate (1 day before diet)



Me at 3:05 AM as found by my roommate (Day 1 of diet)



Buying diet food at MacDonalds, During McHappy Hour :)



Ryan Seacrest Body here I come! (Day 2 of Diet)



“I’m Lovin’ It!” (Day 4 of diet)



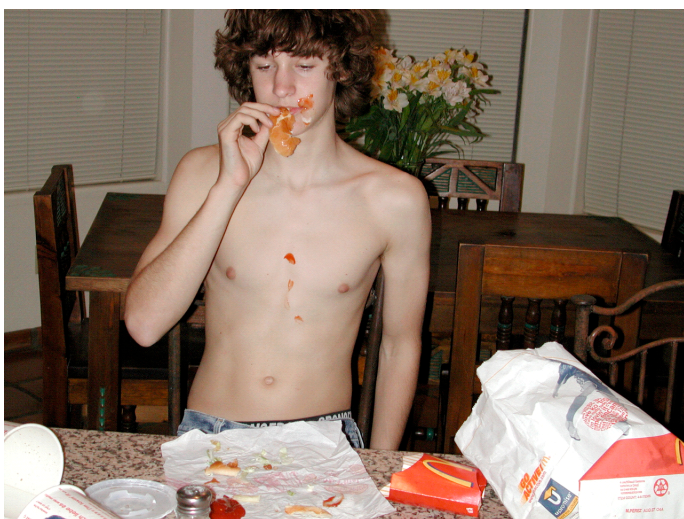
Mmm Mmm Good! (Day 5 of diet)



All gone! How do I look ?? (Day 45)



I lost 285 Pounds!! Arghh! I'm as sexy as a Pirate! (Day 45 of diet)



I keep the weight off by sticking to the diet



Now I get all the ladies!
Join the Peace Corps.!