

May 14, 2013

Grayson,

I am so envious of your trip to D.C. Getting to see Hudson, Brandon and Shana is going to make your year. I would give anything for another two hours holding Hudson. That was the most peace I have known in the last 5 years.

Ok, now onto the issue of your weight. I am going to give you a diet that is easy to follow (I can do it from in here, after all.), and you will see results whether or not you add on the element of doing cardio (more on that later).

What is happening to you is the same thing that happens to most Atkins Diet participants: you have screwed with your metabolism and your body is storing carbs irregularly. What you need to do is start taking in the right kind of carbs - Everyday! Then, and only then, will your body start getting rid of the excess carb storage - FAT - and begin burning that for energy.

Mind you, I have no scientific evidence to back up what I am about to suggest; rather, I have something much better: I have tested this hypothesis on myself and even on others in here. It works on everyone. It will work on you.

① You have to forget everything you have learned

with the Atkins Diet. The Atkins Diet is bad for several reasons, Grayson, Chief ~~and~~ among them being the premise that carbohydrates are not good for you.

You need carbohydrates, Grayson. They are essential for everything from energy to brain functioning. The thing you do not need is the wrong carbohydrates. So, off the top, you will be cutting the following from your daily diet (except for one day a week when you are allowed to "splurge" and eat crap because that is what tastes the best, after all.):

pasta, bread (except for multi-grain wheats), Cereal (except for stuff like Bran - Raisin Bran, and stuff made with grains - good grains like Honey Bunches of Oats), potatoes, rice (except for Brown Rice, which we cannot get in here); and most desert ~~desserts~~ (homemade oatmeal cookies made with a sugar substitute are great).

Also out, except for your splurge day, are foods high in fat, grease and cholesterol. This means no more burgers without the bun. You need to start looking into tuna ~~and~~, chicken and turkey for your protein sources. Pork and beef are ok, mind you, but they are not your first choice, or best options.

In, are all the beans and green vegetables you can eat; the more the better. Remember Mom's Cowboy Beans, which were pinto beans

and ground meat? This is a good meal. Yes, you should cut back on ground meat, but you have the ability - and the means - to shop for good ground meat that is low in fat - lean - as well as you can get ground turkey, which is excellent.

Pinto beans and other beans contain both protein and carbs so they are an excellent food.

Your green vegetables are going to help your body get rid of everything. They promote good digestion and are loaded with vitamins. Broccoli, spinach, green beans are great examples. Cauliflower is great, too. Remember, Grayson you can season all your foods up, just ^{yummy!} do not use a lot of salt. Did I mention tomatoes?

Fruits, which contain sugars, are excellent. Apples, oranges, ~~peaches~~ pineapples are all fantastic, especially oranges. Eat these when you are craving sweets.

Now, then, I do not think I need to tell you that all junk food is out. Candy, chips, donuts, pastries, cookies (except homemade cookies with sugar substitutes), non-diet sodas, etc... Most food with preservatives are ~~is~~ out. You do not need any of this crap. The more home cooked stuff, the better.

③ The staple, or the glue, if you will, of this

entire diet is Oatmeal. Oatmeal, Oatmeal, Oatmeal, Oatmeal is your best friend. However, only oatmeal that has nothing else in it. Get regular oatmeal and only put sugar substitutes in it. No flavored oatmeal is good because it contains sugar. Sugar is your enemy in quantity or in small increments. Remember, your body is going to turn some carbs into sugar for you anyway, so you are good on that.

Ok, this is very important, too: You must start every day out with oatmeal. A bowl of oatmeal with a few sweet-n-lows, along with a few egg whites (do not eat the yoke) from hard boiled eggs, will get your body burning properly each day. This is imperative, Grayson. The most important meal of your day is this one. Do not eat anymore than what I told you, either. You will not always get full but you will have all you need to start your day.

Think about this now. A bowl of ~~o~~ oatmeal like this will have about 40-50 grams of carbs. Your old thinking - your Atkins's thinking - would tell you this is more than enough for one day. That would be a big negative. You are going to take in 100 - 200 carbs each day now, but the difference is this diet will deliver you the right carbs, which you need.

Oatmeal, Grayson, has those kind of carbs. It also has tons of fiber and good cholesterol, which means ~~you~~ oatmeal is going to help you shit, for lack of a better word, very regularly and will also be great for your heart.

The carbs from oatmeal can be easily broken down by your body. This will reset your metabolism, causing your body to "shit out" all the extra carbs, fat and garbage in your body. What you do not excrete you will begin burning for energy - calories.

Calories are a unit of measurement for energy. You need to be cognizant of how many calories you take in. If you are not working out, 2500 - 3000 is more than enough daily for you. Working out, doing cardio will allow you to consume - and burn - more calories.

Remember this; the more calories you consume, the more you must burn off to lose weight. We are going to start watching our calories now.

Before you start your diet you need to understand something important about how your body, when fed properly, with the right foods, at the right times, - works to burn energy - calories.

If you were in the woods and you had a fire going for warmth and cooking, you ~~would~~ would need to find a source of fuel to keep the fire burning properly all night long. Would you put a huge log on the fire ~~and leave it~~ and leave it there all night to burn? Or would you find lots of kindling (small pieces of wood, ~~leaves~~, etc.) and throw them on the fire at multiple intervals throughout the night?

Of course you would use the kindling. It would provide for the best fire possible as the fuel source is easier to burn than a big log, which your fire would spend all night trying to burn and, in the end, only burn one side, leaving the rest of the log charred. The log will never burn as well as the kindling. Never!

Your body is the same as the metaphorical fire in this example. When you eat a big meal (the log) it is hard for your body to break it down, process it, burn it for energy, and dispose of properly (bowel movements). Big meals are terrible for you and are hard on all of your bodily functions. Moreover, they fuck with your metabolism. Big time!

Now, you are going to eat a bunch of small ©

meals and snacks. You are going to put kindling on your fire - your metabolism.

Grayson, I know this may all sound crazy to you but all you have to do is look at me to see that this works. Yes, I work out, however, I do not work out all that much and my weight is a constant 185. Our bodies are going to be very similar because we come from the same genetic stock. Please trust me on this. Give this 60 days. If you do not see big gains by then, you may scrap the diet. But you will not scrap it. It is a lifestyle change you need to make anyway.

Ok, now we have eaten our oatmeal and two hard boiled egg, egg-whites. You are at work and about three hours have passed since breakfast. You are hungry. Your body is telling you it needs kindling. Great! Feed it some kindling, then.

Here are some examples of kindling (snacks): peanuts, trail mix, fruit, a few spoon fulls of peanut butter, a serving (one) of green vegetables, a pack of tuna (or a can), oatmeal, a chicken breast. Grayson, anything in the vein of those things are great for you.

Now you are good to go until lunch in a few hours. And, if you need another snack because lunch is going to be later,

than okay your body and put some fuel on the fire. Again, use your snack list. But remember that snacks are not meals; they are fillers between meals, and they are very important because they KEEP THE FIRE BURNING. Simply put, this is your fuel.

The right kind of fuel is important. The cleaner the fuel, the cleaner it burns, the more performance your body gets out of it. It is no different than filling the gas tank up on your car. The ~~best~~ best shit is the most expensive but it is also ~~the~~ going to make ~~you~~ your car run smoother, perform better, last longer and BURN CLEANER.

Now we are at Lunch. Your options are many. Salads are a great start. They are low in calories, are green and taste good. Plus you can put tomatoes and other veggies on them. Be careful not to overdo the salad dressing, though. Ranch is probably the higher calorie end, whereas Italian Light is on the lower end.

Again, you are consuming some carbs, but the right ones. Veggies, lettuce, salad dressing, all good. No croutons. They are junk!

After your salad, eat a grilled chicken or grilled turkey sandwich (on wheat) from Quiznos or Subway. Eat at a sitdown restaurant and get fish or chicken with beans and

green veggies. You get the point. Choose from all of your food options and eat. DO NOT OVEREAT, though. Eat enough to get full, but do not eat a lot. You will be able to suppress your appetite later when you have a snack.

Three hours, two hours after lunch, whatever, you feel the machine ~~needs~~^{needs} fuel than feed it. Same list of snacks.

Dinner is another sensible meal along the same guidelines. You even have room for another snack after dinner if you are up late enough.

Grayson, you need to make sure your snacks do not exceed 200 calories each time. If you snack 5 times a day, then you have eaten 1000 calories. Breakfast will cost you about 500 calories. That leaves you with about 750 calories, each for lunch and dinner. Very, very doable.

Grayson, I do this every day. Your body will get used to it quickly and love you for it. I ate lunch about two hours ago and am right now eating trail mix. It has 260 calories, 30 carbs and 8 proteins, with 14 grams of fat. Not the best snack, but not the worst. My body can easily break this stuff down.
② Peanuts would be better but my options are few.

I know how frustrating it is to be fat and need to lose weight but you cannot. It took me some time, some reading and, most importantly, some commitment to get to this point. You ~~can~~ do it, too. You have to do it, actually. To not do so is to accept that the extra weight is ok. IT IS NOT!

The final element in all of this is cardio workouts. You do not need weights at this point. You do need to start out walking 30 mins a day (at one time). Everything you do, if you are doing it with the intent to burn fat and lose weight, needs to last at least 30 minutes. This is the point when your heart rate is in the fat burning stage.

After 30 mins walking is easy, up it to 45, then 60 mins. Eventually, you really need to be jogging. Within 30 days you need to be jogging 30 mins a day, four days a week.

You will look and feel great, too. On the last ~~next~~ page I am going to chart everything I have said ~~out~~ for you to make it easier to digest.

Grayson, this is a new way to live. It is easy to do. It works. If these slobbs in here are doing it with positive results, you will get twice what they are getting because you are younger, have access to the right (u)

foods and you have more motivation than a guy serving a life sentence who, ironically, will only live longer and serve more of his life in prison if he changes the way he diets for the better (talk about a poison pill!).

Relax, Bro, you will lose all the weight you want. The important thing right now is to repair the damage Atkins has done and reset your metabolism. This is crucial. Otherwise, to do nothing or, continue to do the same thing, will only make you fatter; that is absolutely guaranteed.

I hope you enjoyed your vacation and ate all the Tortilla Coos & you can handle because the only time you are going to eat chips and salsa again will be your one splurge meal each week.

Think about the way I eat at visitation. I only eat that way when I get a visit. I do not buy shit like that on commissary. Oh, it is sold, but I know better than to get it. (By the way, thanks for all you do with money for commissary. I can always use that kind of help.)

Your one meal each week can be a blow-out without you feeling guilty. You do not need to worry about taking your body out of ketosis or any of that shit that Atkins made

you consider. Simply put, your body will bounce back the next day because you are on a schedule for burning clean fuel. You will be fine with one cheat day.

And, Grayson, when you get to the point when you are jogging 30, 45 or 60 mins a day, you will be chiseled up. You will get down to 170 - 175 once you are jogging. I promise.

Losing weight and keeping it off is not hard. It is not easy, either. You have to have will power and commitment. Without those you are wasting your time. You have both, Grayson.

Lay off of the weights. You do not need ~~weights~~ to lift; you need cardio. Kickboxing and other cardio classes at your gym ~~are~~ are the best. If I had that I would look like I jumped off of a magazine cover. And so will you.

I want to leave you with one last thought. EAT AS MUCH OATMEAL AS YOU WANT. THE MORE, THE BETTER.

Seriously, it is probably the healthiest thing you can put in your body. Eat it as a snack? Awesome! Eat it as a meal? Fucking great! Oatmeal is your friend.

Good luck, Grayson. I hope all of this helps you. It saved my life!

Love,
Darnon

(C)

DRINKS: Diet Drinks; Skim or $\frac{1}{2}$ % milk; Tea/coffee
(No sugary drinks. No processed fruit drinks 'like OJ')

BREAKFAST: 1 Bowl of oatmeal (regular oatmeal with no sugar, raisins, etc.) or two "packs" of oatmeal out of a box. Sweeten it with Sweet-N-Low, equal, whatever sugar substitute you want. No SUGAR. No BUTTER. Milk is ok, though.

2 Hard Boiled Eggs (Eat the white part only. Throw the yoke away.)

SNACKS: 1 Peanut Butter and Jelly Sandwich on whole/multi-grain wheat bread; Peanuts; Trail Mix; Peanut Butter (a few spoonfuls); A pack or can of Tuna; A chicken breast; Fruit - apples, oranges, pineapples, etc.; A serving of green vegetables; A tomato; A serving of beans; A salad...
THE BEST SNACK OF ALL IS MORE OATMEAL!

LUNCH: A salad to start. FISH; CHICKEN; Servings of beans and green vegetables; A footlong turker, tuna, chicken, or veggie on wheat from Subway or Quiznos (or some other sandwich place); Load up on Mustard, even mayo. Enjoy your food.

DINNER: A variation of lunch. Eat sensible. There are many more options than what I am writing. Find them, enjoy them. Count your calories as best you can. Oatmeal makes a great lunch or dinner, too.

THE SUPERPHILIPPO: A HISTORY OF THE
PHILIPPO (1982)

BREAKFAST: A History of the
Breakfast (1982)

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