

# Weight Loss Methods - Poll of EpicureanFriends Results

**Post by “Novem” of November 14, 2023 at 11:56 PM**

I've tried a keto diet for a few years, starting in 2020. I did gain a lot of weight, and alcohol consumption contributed to that weight gain as well. I've moved to a vegetarian diet this year, and I've pursued a fairly low-carb aspect to it but not going super crazy as before, I do eat real bread like Aldi's multigrain sandwich skinnies bread and generally accepted somewhat higher incidental net carb amounts, perhaps one could call it medium-term carb cycling. I've also eaten less at meals, eat big salads to fill me up with low calorie-high volume foods, and ensure I get quite a bit of protein. It's also what I call lazy Mediterranean since I just get olives, feta and goat cheese, and Italian dressing or Balsamic vinaigrette from Aldi's. I eat only two meals a day, and I do have a couple of cups of coffee when I first wake up, usually with non-dairy milk or creamer, which are low-sugar and low-calorie.

There are times when I cheat but they are not many, which Epicurus would want us to do, go a little crazy once in a while with friends.

I have been walking more as well to boost the general calorie deficit, and so far I have lost a bit of weight, have more energy, and feeling a whole lot better.