

Bizarre Diets!

Unconventional? Yes. But eating fast food, boring food and even school-cafeteria food helped these people achieve results By Stephanie Emma Pfeffer



Now 115 lbs.,
Christine Dougherty
lost weight by eating
tacos and burritos

Christine Dougherty

GULF COAST MILTON, FLA.

When Dougherty, now 34, decided to cut calories in 2007 to lose weight—"I sat at a desk all day and was eating too much"—she had one major hurdle: "I hated to cook, and I ate out a lot," says the 5'4" consultant. After analyzing nutritional info at nearby restaurants, she chose to order from Taco Bell's Fresco menu—which offers options like tacos and burritos without sour cream and cheese—up to seven times a week. While it took two years to lose 54 lbs., Dougherty says, "I made realistic changes that I knew I could stick with." She has kept the weight off with exercise, portion control and, yes, visits to Taco Bell. "I still order Fresco-style!"

LOST 54 LBS. EATING TACO BELL

LOST 102 LBS. EATING PIZZA

Pasquale Cozzolino
NEW YORK CITY

At 370 lbs., the 6'6" Italian chef followed a Mediterranean diet built around his favorite food: pizza. For lunch every day he had a 570-calorie Margherita pie made with fresh ingredients. "You have to keep something that makes you happy so you don't give up," says Cozzolino, 39.



LOST 100 LBS. EATING SCHOOL LUNCHES

Tammy McRae
BAYTOWN, TEXAS

Once 265 lbs., the 5'4" manager of Carver Elementary School's cafeteria decided to lose weight by re-creating the healthy recipes she serves students at home. "I know what they eat, and this is good food!" says McRae, 48. "It's a new life."

LOST 114 LBS. EATING POTATOES

Andrew Taylor
MELBOURNE

Binge-eating and depressed at 335 lbs., Taylor, 36, tried to "quit" food as much as possible. In 2016, under a doctor's supervision, he ate mainly boiled, mashed or baked potatoes: "My philosophy is to make your food boring and your life enjoyable."



(DOUGHERTY) AFTER & BEFORE: NICK DOUGHERTY (2); (COZZOLINO) AFTER BRIAN ZAK; BEFORE ROBERTO SERBINI; (MCRAE) AFTER TONI MCRAE; BEFORE: AMY GEORGE; (TAYLOR) BEFORE & AFTER: MANDY VAN ZANEN (2); (TACO BELL) FOOD COLLECTION/GETTY IMAGES; (LUNCH TRAY) JASON KATZ/GETTY IMAGES; (POTATOES) ERIN CORNELL/SHUTTERSTOCK