

Testimonial from Dina Romano

Fresh Dining is expensive, and there is no getting around that issue. But if someone had asked me how much I would be willing to pay to lose over one hundred pounds in one year without the use of bariatric surgery or prescription weight-loss drugs, I would have paid twice the amount I have paid Fresh Dining. I have lost over 100 pounds since starting on their program approximately one year ago, and I am still in the process of losing weight. I have thirty more pounds to lose until I reach my goal weight – my high school weight! I work about ten or eleven hours a day and, consequently, have never devoted much time to preparing healthy meals that are nutritionally sound. In the old days, all I could manage to do at the end of a long day was go through the nearest drive-up to grab a burger and fries before heading home to bed. Quick high from the salt and fat and then that icky feeling would hit. This behavior was sucking me down into a black hole of energy-depletion, weight-gain, and depression.

The most important reason I decided to give Fresh Dining a try was that I had tried everything else. The “seamy underbelly” of dieting is so simple and yet so unbelievably difficult to manage: eat less food. Like many people, I have rarely been able to separate my food intake from emotions. Consequently, I had absolutely no idea how to limit my food intake. Dieting to me meant spending an enormous amount of time (and money!) trying to figure out what to eat, when to eat, and how much to eat. Coupled with this was my irrational need to diet “perfectly.” The food scale and measuring cups would come out of the cupboard, and every bite I took was measured or weighed. One slip-up made me feel like such a failure. I needed food “rehab,” and, in my case, sadly, that’s not exactly a joke.

Fresh Dining really does rise to the level of “food rehab.” For the first time in my life, I am free from food problems. No grocery shopping. No calculations to determine calories, fat content, cholesterol levels, fiber intake, etc. No obsessing over every little morsel of food. All I have had to focus on is enjoying the delicious food, and, truly, the food is delicious. There is a huge variety of dishes, and the Fresh Dining chef is a genius at making gourmet-quality dishes you actually WANT to eat (as opposed to diet meals you tolerate). Fresh Dining is not a permanent solution to a weight problem, but, rather, it’s a superb intervention that has taught me how to eat properly for the first time in my life. The portion sizes are small, but it’s almost shocking how little one needs to eat to satisfy true - not emotional - hunger. In America, we like everything “supersize” – cars, houses, malls, and most certainly food. The Fresh Dining menu is a gentle and exquisitely-delicious reminder that there is a difference between eating to live and living to eat. When I go back to preparing my own meals, I will have a much clearer understanding that my nutritional needs cannot - and must not - be bribed with high fat, salty food.

On the Fresh Dining program, I have never eaten so well in my entire life, and, consequently, I have honestly never felt better in my entire life. Thank you Fresh Dining! Thank you for the excellent food, and thank you for creating a company whose leadership encourages its employees to provide the excellent customer service that I have consistently enjoyed. (Thank you Cat!)

~ Dina Romano