

## Back on Track

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I have now completed 14 days of perfect eating. I feel so much better physically and I am more relaxed mentally. The damage done, over the past four and a half months that I struggled, added up to a total weight gain of five pounds. I lost four of those pounds in the last two weeks, so I expect that by next week I will be back to 193 pounds. This is what I weighed the week before Christmas when I foolishly let myself wander away from my structured eating program. I don't know why I thought that this time there would be a different result from eating sugary desserts and chocolate than the results I saw the last 50 times I ate those foods.

The difference these past two weeks in my attitude and in my success is that I am totally focused again. That is the key. I am sure of it. That means no more than 2000 calories a day except for one day every two weeks when I add 300 to 400 extra carbohydrate calories to the day's total. My eating program is the same one that has worked for me in the past. It is based on foods that I like, that fill me up and that do not create cravings. It took me years to figure out what foods met these requirements and I feel so much better when I am eating this way.

This begs the question, why do I stray from the program? I have no idea. It seems that my personality is such that when things are going well, I, for some reason have to try to step outside the program just to see if I can come back and gain control again. Am I challenging myself? Is it part of my attraction to risk? Can someone offer some insight? Just another of those things about me that I don't understand. But for now I will stay focused and enjoy today's success.

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