# A NEW DIET

Okay so I have been extremely lazy the last 6 months and gained 30 pounds. I feel like a whale! So I've begun a new diet where I take 1 meal a day and split it in half. I eat half at noon and half in evening. So I am hungry all day and I think the worst feeling in the world is to be hungry. Its easy to gain weight and miserable getting it off. I try to think of how nice it will be when I get down to my skinny weight and am healthier but I wish I could lose weight and not have to be so damn miserable during the day! Plus its hard to exercise when I am stuck in a tiny cell all day. No running or other good cardio is possible in this place. And they feed you 3000 calories a day. I swear its designed to make you fat, lazy and lethargic. So yeah that's the latest. Not one of my most interesting blog entries ☺

— Jeremy Pinson
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