



MY DIET IS BETTER THAN YOUR DIET

Hosted by fitness expert Shaun T, creator of the workout phenomenon "Insanity," "My Diet Is Better Than Yours" brings together trainers Carolyn Barnes, Jovanka Caires, Jay Cardiello, Dawn Jackson Blatner and Abel James, who each introduce diet and exercise plans with the potential to change viewers' ideas about how to shed pounds. In an interesting twist, the competitors hold the power of elimination where trainers can be sent packing if their teams do not feel that they are hitting their fitness goals. Strategies like the "cLean Momma Plan," which promotes burning calories through performing different household chores, and "The Wild Diet" which combines a high fat diet consisting of foods primitive man would find in the actual wilderness with high-intensity workouts, give contestants' an edge in the race to reach their goal weight.

Throughout the journey, contestants will be presented specific milestone fitness challenges designed by celebrity trainer Anna Kaiser that will test their progress along the way while learning tips and tricks to help them achieve their long-term weight loss goals.

Reality | 120 min
THURSDAY 9 PM ET