

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Biggest Loser Diet - Is it Extreme?

---

## **Biggest Loser Diet - Is it Extreme?**

Let's take a closer look at the diet behind the success stories!



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/podcast/2008/06/30/biggest-loser-diet-it-extreme>