

How Chicago chef Rick Gresh lost 20-plus pounds

Rick Gresh, the executive chef at David Burke's Primehouse, lost over 20 pounds through a friendly competition with another chef and with the help of an iPhone app. He tells *Time Out Chicago* all about it.



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The executive chef at [David Burke's Primehouse](#) (616 N Rush St, 312-660-6000) lost 21 pounds (and counting!) by entering a **friendly competition** with a fellow chef (Socca's Roger Herring). The contest ended last week. Herring ended up coming out on top, but Gresh still feels like a winner. Here's his story:

[Roger and I were] in Delaware doing an event for Meals on Wheels in April. I knew that this was going to be my last big crazy event where I ate and drank a lot. After that, I was planning to lay off the drinking and start losing weight. We were just talking about this, and it became a thing of, "There's no way you can lose more weight than me." You know, silly macho guy B.S. So, we came up with a six-week challenge. To make it interesting, we each put \$300 cash on the line. It's a little motivation that helps me think twice before picking up a brownie.

But you need more than that to actually lose weight, and it's mostly been about controlling diet. The first three and a half weeks, I didn't have a drop of alcohol. And it's hard because there's always somebody to have a cocktail with. Slowing that down was huge.

I also started using an iPhone app called DailyBurn, which tracks everything I eat. You just have to change the way you think about what's okay to eat and what's not. A big portion of my job is eating things. I work in a steakhouse. We're constantly tasting steaks to see how they're aging. I now take one or two bites and have to walk away. Before, I'd sit there and nibble.

Being in this competition definitely helps me stay on track. And now that people are noticing that I lost weight, it's fun to keep going.—As told to *Kevin Aeh*

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