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Food

I Went on a Chocolate Cleanse Diet for a Week and Here's What Happened



BY VICTORIA HAAS ON FEBRUARY 16, 2016



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Have you seen [How to Lose a Guy in 10 Days](#)? I am quickly becoming the Andie Anderson of Brit + Co. In the movie, Andie works for a popular fashion publication and writes “how to” articles about life, relationships, fashion etc. After my major success on the [Taco Cleanse Diet](#), the editorial team approached me about my next move. “No more vegetables, no more non-dairy diets, no more vegan.” Those were my rules. I thought I was off the hook, but then they brought up the chocolate cleanse diet — eating chocolate with every meal for an entire week. And I was a test subject yet again.





PREPPING FOR MY WEEK EATING CHOCOLATE WITH EVERY MEAL

To get ready for my week of blissfully eating chocolate, I did a bit of prep work: checking in with coworkers on their thoughts and securing chocolate — large amounts of chocolate. Special thanks to [Justin's](#), [Ciao Bella](#), [Chocomize](#), [Chuo Chocolatier](#), [Scoutmob](#), [Guelaguetza](#), [Farm to People](#), [The Invisible Chef](#) and [TCHO](#) for playing the role of my suitors.