

FLAB 2 FAB

MONDAY

So the first day of my journey from 'Flab to Fab' with Prep & Deliver and I'm super excited about getting started. Account manager, Jamie Pell, and I are doing it together – we've been measured, our before photos have been taken and all that's left now is will power and motivation! I've had Dark chocolate and peanut overnight oats which definitely appeals to my sweet tooth and plus it sounds naughty but is super healthy and a really nutritious way to start the day. I thought with such a small portion I'd be ravenous halfway through the show (as I normally am!) but the show came and went and my appetite didn't kick in until lunch time! For lunch I had possibly the nicest risotto I've ever had – tomato and parmesan. I was a bit unsure because I like my main protein source to be from meat but once I was eating it, I realised I didn't have to have meat! It was so delicious and kept me going until long after I got home. Who knew that not filling your body full of junk makes you feel even fuller?! Tea came around and I had possibly my favourite meal EVER. Honey mustard chicken with fluffy roasties and rosemary carrots. I could eat this every day for the rest of my life and never get bored. Prep & Deliver chefs truly are GENIUSES. Just before bed I was starting to get a bit peckish and didn't fancy waking up in the middle of the night, being hungrier and making regrettable food choices so I had two snacks – a salt and vinegar rice cake and a yoghurt coated rice cake. Both of which went down a treat and kept me going until morning!