

TUESDAY

On day 2 of prep and I woke up starving! I headed straight for the fridge to grab my banoffee overnight oats and ate it while I was getting ready which was so convenient and took away the stress of having to try and find and decide on something to eat for breakfast, ensuring its quick enough to prepare and eat at 4 in the morning! That's definitely one of the perks of being on Prep – it's so convenient! Working full time means I don't always have the time to count each calorie myself or spend the time preparing all of my meals and prep really takes all the hard work out of it. For lunch I had a dead quick and easy chicken in peppercorn sauce which was just so delicious alongside a few rice cakes to keep me going and boy, did it work!! I got home and wasn't too tired (makes a change!) so decided to propel myself even further into the 'new me' and went on a bike ride! Madness. Tea was a chorizo and mozzarella Bolognese and it was absolutely lush. I went 19 calories over my daily allowance (which is 1,300 based on my Basal Metabolic Rate as calculated by the genius April at Prep & Deliver) but as long as I don't do the same within the week and make sure I'm only actually eating when I'm hungry then it'll be A-Okay!