

WEDNESDAY

After having a chat with Jamie, he said today was the most expected day to have a bit of a meltdown... blooming great! Ha-ha. And the meltdown did come... Breakfast was delicious: a whole-wheat scrambled egg muffin which I popped a dot of ketchup on and was feeling good! Until lunchtime! I realised I've not had anything sweet and I felt suddenly very exhausted and like I just wanted to go home. I had a sweet snack – my rice cake topped with chocolate to give me that little pick-me-up that I needed and had an extra 5 calorie black coffee to perk me up and it thankfully worked. Lunch was possibly the tastiest burrito I've ever had – chicken fajita flavoured! You can certainly never get bored eating with Prep & Deliver because there's such a wide variety of food to get excited about. I know I said the tastiest food I had was the honey mustard chicken... that was until I tried the tangy cod with boiled potatoes and kale. It was the nicest thing ever and I'm not a huge fish fan so I'm super glad I decided to broaden my horizons and give things a try! Looking forward to tomorrow already now that I have this midweek hump out the way!