

Flab to Fab Day 1 – Jamie (Monday 05/11/18)

As you may have seen on the introduction video, I have quit smoking recently, and that was probably the hardest thing I've ever done! No aids, complete cold turkey (mmmm turkey). One of the "down sides" to quitting smoking is your taste buds return to their full capability... food tastes out of this world!

I view eating as probably the best activity in the world... and I LOVE pizza, curry, but most of all the Teesside Chicken Parmo! So at the weekend I had a calorie blowout, and said goodbye through teary eyes to my food mistresses as I chewed through the beautiful cheese, béchamel sauce, chicken and garlic sauce delight.

So... Monday... I woke up with a determination that I will not fail this challenge. I will reach my goals of losing weight, feeling better in myself, more energetic and hopefully even sleeping better – I want to be able to have the get up and go to play with my kids after a long hard day at work, and unfortunately, more often than not these days I do struggle to fully concentrate on that! My kids were the inspiration behind quitting smoking, and they're my inspiration behind getting healthier too.

On my plan I am allowed breakfast, 3 meals and 3 snacks throughout the day. Little and often.

**Breakfast – Whole Wheat English Muffin with Scrambled Eggs & Chives**

260 Calories, 18.6g Protein, 23.3g Carbs, 9.2g Fat

This was absolutely delicious. The chives mixed with scrambled egg just works! A little salt and pepper added and I was a happy man. All washed down with a black coffee

**Meal 1 – Chicken Fajita Burrito**

342 Calories, 33.5g Protein, 55.9g Carbs, 3.3g Fat

Much tastier than I expected, plenty of rice in to fill me up for a while! Washed down with a pint of water.

**Meal 2 – Honey Mustard Chicken with Fluffy Roasties and Rosemary Carrots**

438 Calories, 33.5g Protein, 35.9g Carbs, 17.8g Fat

Wow... I am a lover of all things chicken but this was absolutely beautiful. Washed down with a pint of water

**Meal 3 – Chorizo and Mozzarella Bolognese**

365 Calories, 15.8g Protein, 45.6g Carbs, 14g Fat

I ate this at a "fireworks party" at the in-laws, surrounded by Garlic Breads, Sausages, Spicy Chilli Con Carne, Chocolate, Sweets, Cakes and I'm happy to say I was strong! Even though everyone around me was laughing at my sad face. I have to say though once I started tucking into this dish all was good... extremely tasty!

**Snacks**

**2 x Black Coffee – 5 Calories each**

**Mint Chocolate Energy Shot - 124 Calories, 1.6g Protein, 17.3g Carbs, 6.2g Fat**

**Toffee Popcorn Rice Cake – 41 Calories, 0.7g Protein, 8.7g Carbs, 0.5g Fat**

**Water – 3 Pints, 0 Calories**

**TOTAL 1580 Calories – I missed a snack (accidentally) and therefore my calorie intake is considered too low for the day. Learning curve!**

I am not going to lie, this was hard. I am used to eating bread with most meals and picking at sweets and crisps most days, with the odd Fast Food meal shot in there! I went to bed feeling hungry... not massively hungry, but definitely like I could eat more (probably just in my head), but definitely satisfied I had got day 1 out of the way! Success!