

Flab to Fab Day 3 – Jamie (07/11/18)

I had a busy day lined up, so I saved what I assumed would be the most filling breakfast for today. I was right!! Again, my son was pinching it when I wasn't looking as this was so rich in dark chocolate and tasted delicious. Not something I would normally go for! I was due to be out of the office for a number of hours so ate one of my lunch meals early and headed out for the day. My aim was to not eat any further emails until I got home at approx. 6pm and have 2 meals before bed time to help my sleep... and that's what I managed! And in fact, by my last meal I think I could have probably gone without!

Really chuffed with myself so far keeping away from bread and naughty snacks and I feel much more energetic and focussed and finding I sleep for longer periods (I am a terrible sleeper and wake up regularly)

Breakfast – Dark Chocolate and Peanut Butter Overnight Oats

299 Calories, 12.5g Protein, 23.7 Carbs, 23.7g Fat

As above! Filling and tasted lovely

Meal 1 – Honey Mustard Chicken with Fluffy Roasties and Rosemary Carrots

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

Meal 2 – Chorizo and Mozzarella Bolognese

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

Meal 3 – Chicken and Mushroom in Peppercorn Sauce

333 Calories, 35.7g Protein, 36.1g Carbs, 5.3g Fat

Snacks

3 x Black Coffee – 5 Calories each

Gingerbread Energy Shot x 2 - 124 Calories, 1.6g Protein, 17.3g Carbs, 6.2g Fat

Terry's Chocolate Orange Shot – 124 Calories, 1.6g Protein, 17.3g Carbs, 6.2g Fat

Water – 3 Pints, 0 Calories

TOTAL 1757 Calories – Under my 2000 but felt very satisfied and not overly hungry all day!