

Forever nutri-lean program.

Clean 9.

Intro. Weight has gradually increased over the years. Two children left home but I was still cooking the same amount of food but less of us eating it. Determined now to lose weight, gain energy and be more healthy. Actually being aware of what I put in my mouth.

Day 1. Followed the plan. Felt well until about 4pm when I felt very hungry and had a headache. The headache could be because I had just finished a very busy term at school. I sat and had a large glass of water the headache went and didn't really feel hungry anymore.

Day 2. Again followed the plan, but did have a cup of tea mid afternoon. Feel like I have more energy today. Mowed the grass which takes about 2 hours. Felt a little hungry but it could just be my brain telling me I haven't had a meal. Looking forward to real food tomorrow.

Day 3. Really enjoying the Forever life ultra vanilla shakes and having two today was a real bonus. Very conscious about my 600 calorie meal. Salmon steamed veg and two small new potatoes. Really enjoyed it and was surprised to feel full afterwards. Very confident now about completing the 9 days.

Day 4. Went to the New Forest show so swapped lunch and dinner so I could eat at lunchtime. Enjoyed a tuna salad with some fruit and

Yogurt. Very tempted with all the food stalls but Hannah was very encouraging.

Day 5. Have more energy and am feeling really well. Can't wait to weigh and measure tomorrow.

Day 6. Wow 7lb lost and 17cm smaller. I feel in control and determined to stay in control.

Day 7. Another good day.

Day 8. Nearly there, not that it's been that hard. Pleased with the more 'in control' me.

Day 9. 8lb lost and 21cm smaller. So pleased and will stay on track. Still have more to lose but am happy so far. Will continue with shakes and try forever lean capsules.

Thanks Helen for your encouragement.