

I am still trying to get over my flu, so this week has been flat. I have done some exercise (4 sessions) but being so sick ,coughing, as well as lacking energy, has been a bit of a disaster. I have had a bit of a set back and did start eating some comfort foods which I instantly regretted. I'm now putting it down to a bad week and have picked myself up and turned the situation around. I've started thinking positive thoughts again and I'm enjoying my fantastic achievements so far.

I forgot my lunch shake on Monday and I felt very hungry; it made me realize how important my ULTRASlim shake is in helping me stay full – I was so hungry all I could think of was food.

Next week I'm looking forward to having some great results...