

Howdies, all. I missed boot camp again. I hate not sleeping. I only lost another 1 lb this week, sadly. that brings me down to 298. So I can't snub my nose at 44 lbs being lost in 10 weeks. Other than the overall loss, the only thing exciting about this week was this new item on our meal plan. It's called a Mediterranean Morning Mix. Cottage cheese, apples, bananas, almonds, cinnamon, & yogurt. Very tasty. Nothing really new to report, either. Still worn out from work, so not hitting the gym as much as I should. Penny tries really hard for all of us on the challenge & sometimes I feel like I'm letting her down. But I have learned things from her, so at least I can take that knowledge with me when the challenge is over & still use it.

Alrighty. Time to scoot off & try to get some of that glorious sleep that I keep talking about. Take care, all.

~ *Tim*



Hi Everyone! Well, no weight loss this week, that's a bit disappointing! I'm sad to say that the challenge is almost over. My favourite thing on the meal plan this week is the Mediteranian Morning Mix yum yum! Very tasty – and very filling!

Nothing really new to report. I'm still loving Extreme Pita, and I'm noticing more and more of them popping up around Calgary so that's always nice.

A big Thank you to Shawn from the Red Team for helping me with my car! He's a life-saver!

-*Jess*