

BLUE TEAM

Alrighty, then! One week down, the rest of my life to go. We met with Penny & learned how to do our strength training. That was fun. Boot Camp was a little more grueling than I expected it to be this week, but I'm fine with that. Still sore, but fine. lol

My high point of the week is when I stood on the scale & saw that I lost 14 lbs. That was freaking AWESOME! I expected between 5-10 lbs., but not 14... SWEET!

My "nightmare" for this week has got to be the bicycle crunch thingies we did in Boot Camp on Monday. OWWWWW!

My favorite item on the meal plan has got to be the light popcorn. I'm a sucker for salt, so when I cut it out completely, it was good to be able to have some of the same 'ole comfort foods I used to eat... Just in a healthier form. lol I also enjoyed a new creation. Cucumbers in a Chili Lime flavored Apple Cider/Malt Vinegar... mmmmm,mmmm

Until Next Week,

Tim

Well, week 1 is over! And I feel great! One of my proudest moments this week was when I went grocery shopping on Sunday. There were taste-testers down the main isle of the grocery store I was in, and they had Pizza, Tostitos, Kit-Kat, Chunky Soup, it was a buffet of samples! I was SO TEMPTED to have even just a little piece of pizza or a sample of the Kit Kat, but I'm proud to say I only tried one Sample, and it was Diet Pepsi, so GO ME!

We had our Personal Training with Penny this week. I'm excited to see progress in my strength training!

The meal plan is going well. It's a LOT of cooking and grocery shopping. One of the biggest challenges is finding the time/space for all the food/food prep etc. We live with my parents, so trying to store all of our stuff and all of their stuff poses some challenges, but we're working around it and my mom has been a HUGE help with cleaning and bagging most of my fresh produce for me so that I can just grab it and use it when I need to.

One of my favorite things on the meal plan from this week was the Chicken Soup... I found it was really tasty! Earl from Simply For Life has been such a great support, and we look forward to our weekly meetings with him.

This week I lost 6.5 pounds! YEAH!

One down, many more to go! ☺

-Jess