

Well another week down. I found this week easier than the last couple that's for sure, although it's still hard in some ways. My high point this week would have to be the 3 pound loss. I have lost 27 pounds so far and I feel great! Boot camp was fun this week, and Penny informed us that as of the 6 week point all the teams combined have lost a whole person (160 pounds)! Go teams!

My favorite food on our Simply For Life Meal plan this week is a toss up between the Mexican Chicken Soup (again, I love that stuff) or the Baked curry chicken. mmm. Good stuff.... Earle at Simply for Life has still been a real encouragement and he gave us pudding this week! Yaay for pudding!

We got to enjoy a pita at Extreme Pita again this week, the food is so good and the staff is always so friendly and helpful!

Next week I'll be away for 4 days so we'll see how that goes!

~ *Jess*

Not much to report this week. Boot camp was cool. I was able to do most of the stations penny set up for us with a certain proficiency. Hit the gym 4 times this week, so that is better than I've been doing. I still can't seem to get enough sleep though. I know that's affecting my weight loss. Earl said so! LOL Only down 1 1/2 lbs this week. That would have to be my low, I guess. This week was kinda blah. Can we have a redo?! LOL I'm also sad because I only get to have one pita this week. But a meal plan is a meal plan. \*Must... resist... urge...\* I sure do love those buffalo chicken pita pizzas at Extreme Pita. Anyway. Next week will be better. I can feel it. Until next time!

~ *Tim*