

What can I say week 5 and still loving it! So you're all probably wondering who cheated on Valentines?..... yep I did! (caramel machiatto with caramel drizzle) and guess what it didn't taste the same or did my body like it. I got 8 sips in and it was garbage. My kids were in awe! it was like "HEADLINE NEWS" , Mom threw her coffee out! Before this challenge coffee was my escape, my biggest hurdle since starting this. But feeling and seeing my body changing and numbers dropping, that in itself has been my motivation to stay away. Exercise is my new escape. Red team was last weeks winner and a special Thanks to Healthy Options Centre Inc for our contour wraps, look forward to the pampering

~ *Corrinna*

Well, one more week gone by, the time is flying. New meal plans this week, Thanks Jaime they are good. Actually better tasting than I thought. No weight loss this week although I have lost quite a few inches and have gained some muscle back. Penny pinched us, took our measurements and big changes already with more to come (Stay tuned for next weeks result summary) My wife is doing very well seeing that her clothes are getting to big makes her really, really happy. Keep up the good work you are looking great. Talk to next week.

~ **Shawn**