

Diet buddies

Share your slimming secrets with us...

'I logged on and lost 6st!'

Sarah Percy, 41, ditched late-night takeaways and is now a diet mentor

My job in marketing often meant I stayed late at the office, so I started filling up on whatever food was quick and easy. Generally, I ate healthy food – just too much of it. For breakfast, I'd eat a double-size helping of cereal at my desk, then a chicken baguette with all the trimmings from a local café for lunch. Often, I'd be at work until 7.30pm, so I'd buy a takeaway for dinner up to three times a week. Then I'd snack on crisps after that.

I'd hoped that I would eat better and lose some weight when I started working from home in September 2006. Wishful thinking! I tried joining Weight Watchers and Slimming World, I even tried just cutting out the junk food for a while. But nothing worked for long.

After yo-yoing between 16st and 18st, and at a height of 5ft 5in, I'd had enough. I didn't feel good about myself and avoided looking in the mirror. I'd spent too many years on my battle to lose weight.

In January this year, weighing 17st and a size 20-22, I started the Exante Diet. I replaced my three meals a day with their nutritionally complete meal replacement products for four weeks, including soups, shakes

and bars. I also started drinking up to four litres of water a day.

I first found out about the Exante diet online and ordered their products over the internet. This suited me, as I'd loathed the thought of being weighed by someone at a meeting.

In the first week I lost

10lb, and after a month I'd lost 1st 11lb. The first week was quite hard, but after the first month I replaced my evening meal

supplement with regular food – usually a 400-calorie, low-carbohydrate dish like chicken with cauliflower and cabbage. On average, I lost 3½lb a week.

Now, I eat two calorie-controlled meals and one Exante meal replacement product per day. I'm now



BEFORE

Weight 17st
Size 20-22

a trim 11st and a size 14.

Not only am I happier, but my skin is clearer, I have more energy and I've set up my own business as an Exante consultant for Milton Keynes, which I fit in round my other job.

If you want to lose weight, don't make excuses any more. Find the eating plan that works for you and stick to it – because it's worth it!

www.exanteinc.com is the UK's leading online provider of best-tasting complete meal replacements.

'I avoided looking in the mirror'

SARAH'S TOP TIPS

- 'Low fat' indicates that a food product contains less than 3g of fat per 100g or 100ml. 'Reduced fat' foods contain 25 per cent less fat but aren't necessarily 'low fat'.
- If you eat breakfast, you'll be less likely to crave foods and snack throughout the morning. After fasting all night, it's important to replenish your body's energy stores. A banana and a low-fat yogurt will keep you going.



AFTER

Weight 11st
Size 14