

LOSING WEIGHT HAPPILY WITH APTIMA NUTRITION – 2 WEEKS UPDATE

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Aptima Nutrition and Sports Consultants

Camaen Medical Centre

1 Orchard Boulevard

#07-08

Singapore 248649

Tel: (65) 6836 9004

Email: info@aptima-nsc.com

Time flies and it's time to report my last 2 weeks of dieting journey with Aptima Nutrition and Sports Consultants! I am so excited because **I've lost 1.6kg in 2 weeks!** *pops invisible champagne* OH YES, 1.6KG!!!! My colleagues and mister commented my face looked sharper and I was skeptical till I weigh myself! My determination paid off but not hard enough for I need to start my simple exercise regime in order to lose 10kg in 3 months! If you think I had it easy, I can tell you it's not and everyday I am dying to open that can of coke or indulge in that chocolate bar and desserts digging!

How I started: <http://www.modgam.com/understanding-body-lose-weight-happily-aptima-nutrition/>



Meal Plan for Magdalene Chow

Meal	Description of Food	Alternative
Breakfast	High fibre cereal (30g)	
	All Bran cereal	
	Soya bean milk (enough to cover cereal)	
Lunch	Rice (150g) (1/2 the serve)	Yong tau foo
	1 fish/chicken with gravy (no deep fried items)	(2 leafy vegetables (cabbage and siow bai chye), 2 white tofu, 2 other items (not deep fried) + bee hoon in soup
	2 vegetables (no curry gravy)	
	1 serving of fruit	
		(1/2 the beehoon)
	Wonton mee/ Ban mian	1 serving of fruit
	(ask for more vegetables)	
	(1/2 the noodles)	
	1 serving of fruit	
Dinner	No food between lunch and dinner	
	When very hungry, drink warm water or warm plain tea	
	Rice/Noodles/Pasta (100-150g)	Cereal (special K) (40g)
	Fish/Seafood/Chicken/Beef (100-120g)	Soya Milk (200ml)
	Vegetables (100g)	1 serving of fruit
	1 serving of fruit	
	No more coke/sweet drinks/cakes/ desserts for one month	

The first week: Hardest most torturing

The initial stage to anything is the hardest and it's the same in my case! I LOVE rice, potato, cheese and desserts! My dietician, Jaclyn, told me not to drink any coke and sweet drinks for the next 3 weeks but the hardest is her telling me to cut my rice to half or in her exact words 100g! It's really very hard for the rice-loving me and my lunch kakis can testify to that! Suddenly every grain of rice seems so precious and after 6-8 mouthful... no more! What's worst? The sudden craving of chocolate and ice-cream seems even stronger!!!!

I enjoying waking up and heading straight to pouring my cereals (all brans) with soy milk and eating them rightaway! I kinda look forward to that every morning and for the first 2 days, I started feeling hungry around 12pm and lunch is 1pm. So I listened to Jaclyn and made myself hot tea. It gets better each day and now after 2 weeks, I hardly feel that hungry before lunch! Not the healthiest lunch but I told myself the portion will reduce slowly and I will get there!



Dinner is as enjoyable as breakfast for I love eating cereals! So when I feel like I had a little too much for lunch, I turn to eating cereals for dinner. 40g of cereals sounds really little but with the 200ml of soy milk, it's actually quite filling. Yums!



The 2nd week: Still slightly tough but gets better

The craving for coke and desserts are slightly lesser but the occasional craving comes as and when. I did cheat and snack a little... like 2 mini M&M chocolate or 1-2 sips of coke (once in 2 weeks). I do feel like I am doing this at my own space with 95% listening to my dietician Jaclyn while cheating 5% at times.

I am very lucky for my lunch kakis are very health conscious and is super encouraging. Sharing half my rice portion with me and getting me to eat more veggies. Sometimes we order \$8-9 worth of yong tau fu and shared one bowl of rice. This is the first time in a long time that I feel guilty when I crave for Mc Donalds! I am going to try to curb the urge for as long as I can and eat it incase of emergency craving! In my first post I shared that I used to diet the wrong way forcing myself to totally not eat anything else but mee-hoon soup and the after effect was really bad. This time I will try to satisfy the craving a little instead of totally cutting them off.



Home cooked steamed salmon with broccoli and tofu seaweed soup. Thank you ah-ji for the very healthy meal! I never once imagine I will be eating such healthy dishes one day. They are actually quite delicious.

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You can always spot Mag in colours for she believes we should all inject a little bit of fun and colours into our regular mundane life. The explorer in her enjoys digging her way around not only in Singapore but overseas where she share her love for travel, photography and food.

