

I used to be big... Very very very very big. I'm still big, but no where near as before – the decreasing trouser sizes is testament to that.

People ask me about the drop in size and wonder why/how I got to be as big as I was.

It's easy. You just follow a diet like this:

10:40am – food van arrives outside work. Get doughnuts, sandwich for lunch, bacon roll.

11:00am – guys go to canteen – ask them to get 3 full sugar drinks and 2 or 3 mars bars.

12:30pm – lunch time – eat sandwich (if it's not already eaten) go to canteen, top up with another 2 cans, and a pack of crisps (or two) and a couple of sausage rolls and more chocolate.

3pm – canteen – two more cans, and more chocolate. Sausage rolls if any are left over.

6:30pm - stop off on way home at shop. Buy pork pie(s – size dependant), chocolate, another couple of packets of crisps, cake, full sugar drinks.

6:45pm – home. Eat some of above.

By 8pm – all food brought at shops will be gone.

10:00pm – cook either some kind of processed meat product and a portion of chips (deep fried of course) or order in a large mixed meat kebab with potato wedges or onion rings (deep fried of course) and 6 cans of pop just to make sure order is over minimum order value to get it delivered, or a pizza, or Chinese meal delivered.

That is a rough approximation of what I ate each and every day (well most days – 6 days out of 7 or probably more like 13days out of 14). On Fridays – there'd typically also be a portion of chips from a Fish&Chip shop at lunch time – followed typically by a take away in the evening – sometimes even from the fish and chip shop.

How did I change my food intake after joining Slimming World?

Every other morning or so – graze on grapes through the morning

Lunch – 5 scan bran and laughing cow lights (1*Healthy Extra A and 1*Healthy Extra B). Or sometimes cottage cheese, or on a green day – I walk to the jacket potato van and have a jacket spud and beans – exercise and free-food in one easy option. Low sugar drinks or water through out.

Mid-afternoon – possibly a pack of Wotsits or quavers if available – but if not – then fret not. May get a pack on way home. (a single pack that is).

Home by 7pm at latest – Muller light or two.

9pm – cook dinner. Generally meat or fish with steamed new potatoes, leeks, asparagus, carrot, beans on red, or jacket or mash potato, beans (or mushy peas) grilled mushroom and Quorn sausage on green.

11pm – Syn free snack of some description (more Muller light or tin of tuna or something).