Tip of the week - **“Plan and prepare”**

All successful people have a plan. If you want to succeed with your goals and avoid making unhealthy choices, it’s wise to plan what you’re eating for the week and prepare as much in advance as you can. Chop, peel, portion up your veg/fish/meat, cook up some healthy meals and snacks and make sure you pack them when you go out. It requires discipline but it depends how badly you want results - it really is that simple! Let me know how you get on.