

28 Days That Changed My Life - Amanda

Canonical: <https://befitfood.com.au/pages/28-days-that-changed-my-life-amanda>

Details:

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Amanda: Lost 4.7 kg in 28 days.

Work travel, family life and changing routines made meal preparation difficult for Amanda. She joined the 28-day challenge with support from dietitian Kate Save, looking for help to make a change around the realities of her week.

Amanda's experience of making changes around work and family life.

Watch Amanda's story

Finding a routine that fits

Amanda was balancing a corporate role, travel, hotel stays and family responsibilities. Preparing food consistently had become a challenge, and she wanted support to make a change.

Her account reflects a familiar practical question: how do you build a food routine when one week does not look like the next? Amanda shares the realities of making changes around work and family life in her video.

Working with Kate

Dietitian Kate Save supported Amanda through the 28-day challenge. Amanda's personal goals included improving her energy and being able to wear her wedding rings again.

Her reported weight-loss result was 4.7 kg in 28 days. The account identifies energy and wearing her rings as goals; it does not state whether she achieved those particular goals.

This is Amanda's individual experience. Results and timeframes vary from person to person.

Planning around your own commitments

If your schedule also includes travel or changing work hours, think about where you need the most help before choosing meals. You might want prepared meals for the days you are at home, or a more structured program with support to discuss how it fits your circumstances.

Map the days you want covered. Compare meal bundles with the current weight loss programs . A number of meals is different from a complete daily program, so check the inclusions.

Choose recipes that work for you. The individual menu lets you review ingredients, allergens and nutrition information before selecting meals.

Bring your routine to the conversation. A free dietitian consultation is a place to ask about choosing an approach around work, family responsibilities and food preferences.

Questions about Amanda's story

What result does Amanda's account report?

It reports a loss of 4.7 kg in 28 days. Her goals also included improved energy and wearing her wedding rings again, but the account does not confirm those outcomes.

What made meal preparation difficult?

Amanda described balancing a corporate role, work travel, hotel stays and family life. Her story focuses on finding support when consistent food preparation had become difficult.

Can I book the same challenge Amanda completed?

Check the current program options and consultation information before ordering. This story records a past 28-day challenge with Kate Save; current package inclusions and the support available should be confirmed through today's program and service pages.

Hear Amanda's experience · Talk through your starting point