

28 Days That Changed My Life - Eleanor

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

Details:

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Eleanor: Lost 8.5 kg in 28 days.

With her wedding approaching, Eleanor wanted to look and feel her best. She found a routine of prepared meals and dietitian support that helped her get started, while learning more about the food choices that worked for her.

Eleanor's individual 28-day experience.

Watch Eleanor's story

A new routine before a big day

Eleanor wanted to look and feel her best for her wedding. Her journey brought together nutrition, movement and new daily habits, with guidance from dietitian Kate Save.

Before starting, Eleanor wondered whether she would enjoy the food and feel satisfied. Finding meals she liked was an important part of her experience. She also used her consultations with Kate to build her understanding of carbohydrates and her food choices.

"There are so many options to choose from - and each meal was tasty, filling and satisfying." — Eleanor

What Eleanor reported

Her reported 28-day result was 8.5 kg down. Eleanor also described feeling more energised and sleeping better. For her, the experience changed how she understood her food choices.

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

Planning your own starting point

If you are getting ready for a wedding or another important occasion, you may recognise Eleanor's questions about food, satisfaction and support. You can explore those questions before choosing a package, without using her result as a target for your own timeline.

Want a structured approach? Compare the current weight loss programs and their inclusions. Eleanor's story describes her 28-day experience; check the current options rather than assuming her historical arrangement is available unchanged.

Want help choosing meals you will enjoy? Browse the individual meals and check each recipe's ingredients, allergens and nutrition information.

Want to talk it through? A free dietitian consultation gives you a starting point for discussing your goals, preferences and everyday routine.

Questions about Eleanor's experience

How much weight did Eleanor lose, and over what period?

Eleanor's story reports a loss of 8.5 kg in 28 days. That describes her experience, rather than an average result or a prediction for someone else.

Was enjoying the meals part of her story?

Yes. Eleanor initially wondered whether she would enjoy the food and feel satisfied. She later described the meals as tasty, filling and satisfying, and valued having options to choose from.

Can I find out which approach fits my own event timeline?

Start by discussing your timeline and needs with a dietitian, then compare the current programs. Eleanor received guidance from Kate Save; the current consultation page explains how to arrange support for your own circumstances.

Explore current programs · Read Jennifer's story