

28 Days That Changed My Life - Emma and Paul

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

Details:

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Emma and Paul: building a food routine around a changing life

Emma and Paul joined the 28 Day Challenge while preparing for IVF and trying to build more consistent eating habits. Their account brings together two different working lives, shared personal goals and the practical challenge of making time for meals.

Watch Emma and Paul's story

Emma's starting point

At the time of the story, Emma was 35 and worked as an advanced life support paramedic and registered nurse. After pregnancy losses, she had been referred to a fertility specialist and was preparing for IVF. Her obstetrician had suggested exploring weight management as part of her individual care.

Emma wanted to work on her eating habits, weight and blood sugar levels. During the challenge she began IVF injections and described a difficult few weeks. One lesson she particularly took from the program was a better understanding of portion sizes.

"Moving forward, it's about preparation and getting back into maintaining a good (food) routine." — Emma

Emma reported a 25 cm reduction in her measurements and said she was pleased with that change while recognising the demands of her IVF journey. This is a reported measurement change, not a weight-loss figure. Her account does not report a pregnancy or fertility outcome.

Paul's experience of shift work

Paul was a 40-year-old qualified baker. Working shifts and sleeping during the day often meant eating at unusual times or skipping meals. He wanted to develop more consistent eating habits while supporting the couple's plans for a family.

The account also records that Paul had been diagnosed as pre-diabetic. His participation was part of his personal effort to make changes; the story does not give a kilogram result for him.

The series and its support

Emma and Paul's account is part of the 28 Days That Changed My Life series with Kate Save. Their individual experience highlights preparation and food routines; it does not establish that a meal program improves fertility or predicts someone else's results.

Choosing food around your own schedule

If changing shifts make meals difficult to organise, start with the meals you want help preparing. You may want a selection for workdays or a structured package with several meal categories. Those are different purchases, so compare the contents before choosing.

Browse individual meals to compare recipes, portions, ingredients and preparation information.

Compare meal bundles if you want lunches or dinners to fit around your existing routine.

Review current programs for their present-day inclusions and support options.

If your food choices relate to fertility treatment or another medical situation, discuss them with your treating team. A free introductory dietitian consultation can help you raise food and program questions without assuming Emma and Paul's approach is right for you.

Questions about this account

How much weight did Emma and Paul lose?

This account does not provide verified kilogram figures. Emma reports a 25 cm reduction in measurements; Paul's passage focuses on his goals and shift-work routine.

Are the original challenge packages still the same?

Use the current program guide to check today's food quantities, prices and support. The story records a past challenge, so its older promotional package details should not be treated as a current order.