

28 Days That Changed My Life - Jaime

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

Details:

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Jamie's story: making space for meals on busy workdays

Jamie joined the 28 Day Challenge with a personal goal: she wanted to fit into her favourite blue dress again. Behind that goal was a busy working life in which meals were often delayed or missed. Her story focuses on finding a different approach to food and a mindset she wanted to carry forward.

Watch Jamie's story

When work pushed meals down the list

At the time of the account, Jamie was 45 and worked in operations at a digital design agency. Described as social and confident, she had a full working life but did not always make time for a meal. On some days she would not eat until 11 am; on especially busy days, that could stretch to 3 pm.

Working from home could also mean snacking instead of sitting down to a meal. Weekends had a different rhythm, including enjoying a pub lunch. Her account describes these patterns without suggesting that every day looked the same.

A personal goal and a new mindset

The story was recorded around Jamie's return to Season 4 of Space Invaders on Channel 9. Fitting into her favourite blue dress was a motivating goal.

Looking back on the challenge, Jamie described the approach as easy to follow and said the new mindset had been helpful. She wanted to keep that change going beyond the challenge.

"I think I am going to keep the healthy new mindset, it has been really helpful for me" — Jamie

The written account does not give a kilogram result or confirm whether she reached her dress goal. Her experience is personal, rather than a promise about another customer's outcome.

About the series

Jamie's story is part of the 28 Days That Changed My Life series with Kate Save. The video gives you her account in her own words, including the ups and downs of changing her food routine.

Make your workday food choices more practical

If delayed lunches sound familiar, think about which part of your working week you want prepared food to cover. You might want several lunches ready to choose from, or a wider program that includes other meals. Start with that practical need and compare the actual contents.

For work lunches: explore meal bundles and count the meals you want covered. Seven meals means seven meals, not a full week of all food.

For recipes you choose yourself: browse the current menu and review ingredients, portions and preparation directions.

For more daily structure: compare the current programs , including breakfast and snack inclusions.

A free introductory dietitian consultation can help you discuss your schedule, food preferences and program questions.

Questions about Jamie's account

Did Jamie achieve a specific weight-loss result?

No kilogram figure is stated in the written account. The story records her experience and what she wanted to continue afterwards.

Does choosing meals require joining the original challenge?

No. You can compare today's individual meals, bundles and programs directly. Check the current package details rather than relying on the historical challenge's promotional offers.