

Thanks for helping me
get **BODY**

Beautiful

This month, **LORRAINE KEANE** gives us a sneak peek into her fridge and takes us through an average daily dietary pattern and exercise regime.

Body Stats:

Height: 5'6
Weight: 55 Kilos
Clothes size: 8

Food diary

BREAKFAST: A cup of tea followed by scrambled eggs, Avoca wheaten brown bread, Derry Clarke bacon and Ballymaloe relish. Normally I would have brown bread with butter and honey and half a banana.

SNACK: I don't really snack, I'm usually too busy. I always grab a low-fat cappuccino. If I'm really good, it'll be a juice from Pure Green or Sprout.

LUNCH: Usually a sandwich or wrap. I make great sandwiches - my family call me "Mrs Doyle". You can't visit my house without having a cup of tea and a sandwich. I usually use chicken or tuna with mayo, salad, sweet corn and apple.

DINNER: Roast chicken, green beans, roasted cauliflower and broccoli. I love my spuds so I have two medium roast potatoes with lots of butter and salt. I normally don't do dessert but over Christmas I had a selection of desserts

Supplements:

Source Of Life, the liquid supplement. It looks horrific but tastes quite nice. It's a real energy booster which I find I need during the winter months.

Exercise:

I started pilates with Eva Berg in September and I can already see a huge difference in my body shape. I am naturally slim (thanks mum!) but I had lots of wobbly bits that I could hide under the right clothes. Now I am more toned which is lovely as it means I can wear the clothes I want to wear.

Diet/detox

I don't diet but I am conscious of what I eat Monday to Thursday. At weekends I don't think about it as much. I don't deny myself anything - if I want a slice of chocolate biscuit cake at lunch time I have it, but I will only have half a sandwich or a bowl of soup, so one substitutes the other.

Biggest weakness

Chocolate and cheese. I love all food actually, sweet and savoury. One of my favourite things

