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## Fresh Food for the New Year

MONDAY, DECEMBER 22, 2008

**Momlogic's Mary Alice Haney:** I have a four-month-old and a 22-month-old. I got pregnant with the second baby before I had lost the last pounds from the first. After I stopped breastfeeding I weighed exactly what I did leaving the hospital.



I was mystified that breastfeeding didn't melt the pounds away -- until I looked in my fridge and saw that I was eating three Haagen Dazs chocolate chocolate chip ice cream containers a week for dessert! It was time to gain control and got my body back. I went to a celebrity acupuncturist who gives you herbs along with acupuncture. The box is entirely in Chinese so I had no idea what I was taking, but a magic pill was just what I was looking for. He swore that the weight would just fall off. I lasted two days on the magic pills because they made me feel like my heart was going to explode. I stopped immediately.

I then read about [Freshology](#), the newest celebrity meal delivery service. You can't open Us Weekly without seeing new [mom](#) actresses who seem to lose their baby weight over night. Freshology was my answer!

### The First Few Days

The food arrives in a container that looks like NASA designed it. It is in small containers and packed with ice -- like little food fairies dropped it at your door in the middle of the night. After fixing my 22-month-old his breakfast of

waffles.... Yummy! I opened the breakfast container and there were directions on how to prepare them. I had the choice of oven or microwave. The baby starts to cry so microwave it is!

The food was great. I loved the Raspberry Cobbler, but what I really wanted was a big glass of wine. I managed to stay away since I think half the reason I've been having a hard time losing the rest of the weight is that I have been going out to dinner a lot and having three glasses of wine!

### **Mid-Week**

I already felt like giving up. I love the ease of the delivery service but don't like someone else telling me what to eat. On day two I felt like trying on my "skinny jeans" and almost hurled myself out the window. So I went to a killer exercise class that almost left me for dead. I think there is something to be said for exercise and [healthy](#) eating. That night I dreamt about ice cream.

### **End of the Week**

Ok, so the [holidays](#) weren't the best time to try this and I was super tempted to eat cookies and treats wherever I went. It may just be me, but I could not live my life doing a meal delivery service day to day. I love food too much and the choices I get to make. I decided a long time ago to give up dieting, eat what I love, try to only eat when I am hungry and stop when I'm full. By doing this and exercising I have always been a size 6 and 132 lbs. The hardest part of the Freshology program was putting things in my mouth that I didn't crave. The BEST part was learning again what is a correct portion. After being pregnant or breastfeeding for almost three years straight I think I may have lost sight of my correct food portion.

The name of the game for me is exercise and eating right for ME. That means having French fries every now and then as well as eating my favorite sushi and salads. I'm glad I tried it as it helped me stay realistic with myself.

Freshology is giving one lucky mom a two week trial, so you can eat like your favorite celebrities. Freshology's gourmet meals rely on lean proteins, fresh [fruits](#), vegetables, good fats and low glycemic carbs to ensure its clients are eating the healthiest, highest quality foods. A day's sample menu follows:

- Breakfast: Mixed Berry Crepe with Fresh [Fruit](#) Salad & Maple Glazed Canadian Bacon
- Lunch: Grilled Chicken & Portobello Mushroom and Salad with Truffle Vinaigrette
- Dinner: Fresh Herb Crusted Flank Steak with Roasted Vegetables & Quinoa Pilaf
- Dessert: Chocolate Raspberry Bar