

Hi, this is Paul again. This is day 15 of my Optifast journey, and I think what has happened the most in the past week is I've gotten a little more used to the routine, basically taking the noodles with me and eating them at certain times of the day. The meal replacements, that is. I'm not going to talk necessarily about the meal replacements.

I think you already know that they're shakes and they're bars and they're soups, and one of those items. I don't particularly care for. The other ones are fine. I'm not going to tell you what they are because I want you to make up your own mind, and you may like all of them. But I worked with my dietitian and my provider, and we were able to resolve that. So it's not a problem.

Sorry to say I still have cravings. They're not as bad as they were, but they're still there. And I'm hoping that as this process continues and as I continue to get more used to the meal replacements and lose weight that the cravings are going to minimize. And they have a little bit, so I'm trusting that they will continue. In the past week, I've lost about three pounds, which is a far cry from the 12 that I lost the first week, which like I said, was probably mostly water. But I'm down about 15 pounds, and it feels good. I mean, it feels definitely noticeable. It's encouraged me to see where I can be in another week.

As far as energy goes, again, it's up and down. It is definitely higher than it was. I haven't noticed a quantum leap in terms of energy levels, but I think that's probably going to come when I lose a little more significant weight. But I have noticed that I am definitely sleeping better at night. I won't be talking about this for another couple of weeks. I won't be back for day 22, but I will check in with you on day 29. It seems like a long ways away, but on day 1, day 15 seemed like a long days away. So I'm sure it'll be here before I know it. Until that time, wish me luck.