

MXCS Successful customer Email. -

SL: I lost 6kg in 12 weeks - I'm down to a weight I haven't been since high school!

I have always wanted to slim down, increase my energy and, most importantly, be a good role model for my 3 kids. At 42 years old, I am proud to say I've been able to achieve all those goals with the help of the mouthwatering salads at Mixing Colour.

At the start of my journey, I found myself lost in the chaos of motherhood.

Juggling the responsibilities of raising my three energetic kids, I had unintentionally pushed away my own well-being.

As the years passed, the weight slowly crept on, burying my vibrant spirit beneath layers of my own self-doubt and fatigue.

My once beautiful bathroom mirror became an unfriendly reflection of my journey.

A journey filled with sleepless nights, endless demands, and the silent struggle of carrying unwanted weight.

I needed a change, and fast...

I embarked on a weight loss journey that was a rollercoaster ride full of ups and downs.

I started going for morning walks along Kingscliff Beach with my friend Kait. After weeks there was no improvement.

It was devastating.

On the last Saturday before the new year, on our way back from our mid-morning stroll, I came across the salad bar.

I saw the colourful menu board and went in to order my brunch. I'm not usually the biggest fan of salad, but I needed to eat healthier.

After the first bite...

I was hooked.

The mix of vibrant colours and fresh ingredients lit up my taste buds like fireworks.

I was in awe.

A quick 12 weeks later, I'm now down to a weight I haven't been remotely close to since high school.

I have so much energy, and I can't explain how much better I feel! I know it's so cliché, but I wish I had done this sooner.

They helped change my bad eating habits that left me drained, tired and sluggish.

Instead, they gave me energy I hadn't felt in YEARS.

And the best part is...

It was actually pretty easy.

I had a large variety to choose from. No boring 'chicken a rice' for me!

The true beauty of this story isn't told by the numbers on the scale; it's told by the new experiences I have with my kids. I'm no longer 'too tired' to play hide-and-seek or a game of tag. I now look forward to it.

I cannot thank mixing colour enough for giving me another chance to live my life.