

4-WEEK VEGAN SOUP CLEANSE TO LOSE WEIGHT

Follow **Daily Detox Drinks / Chia Seed Drinks recipes to improve your daily water intake and to have a healthy digestion.

**Aim to consume between 2.5 – 3.0L of water everyday.

**Daily Detox Drinks Video: <https://youtu.be/HkfTWw77YWU>

**Chia Seed Drinks Video: <https://youtu.be/VCHbnbqlhsU>

MONDAY AND THURSDAY MEALS

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
Breakfast <i>(Watch "Breakfast in A Jar Chia Pudding" video for the complete guide.)</i>	TROPICAL MANGO CHIA PUDDING <u>Ingredients (2 servings)</u> 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals 3) 1 tsp. Maple Syrup or Honey – 64Cals 4) 1 cup Mango puree – 140Cals 5) 1 tbsp. Pumpkin Seeds – 56Cals OR	1) Pour the mango puree evenly into 2 8oz jars. Chill in the fridge. 2) In a bowl, mix together the chia seeds, milk and honey. Stir until well combined. 3) Pour the chia mixture on top of the mango puree. 4) Cover and let it set overnight in the fridge. 5) In the morning, top it up with pumpkin seeds, seal and bring it out with you.	320Cals
	BANANA PEANUT BUTTER CHIA PUDDING <u>Ingredients (2 servings)</u> 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals 3) 1 tsp. Maple Syrup or Honey – 64Cals 4) 1 Large Banana, mashed – 121Cals 5) 2 tbsps. Peanut Butter – 188Cals Video Link: https://youtu.be/p7HvNeEJ-EY		

<p>Snack (Watch "10 Healthy Desk Snacks" video for the complete guide.)</p>	<p>PLUM STUFFED CHERRY TOMATO <u>Ingredients</u> 1) 1 Cherry Tomatoes – 3Cals 2) 1 Plums – 23Cals</p> <p>OR</p> <p>STUFFED RED DATES WITH WALNUT <u>Ingredients:</u> 1) 1 large Red Date – 23cals 2) ½ Walnut – 13Cals</p> <p>Video Link: https://youtu.be/dBypQf0hOSQ</p>	<p>1) Slice the cherry tomato to create a pocket. 2) Insert a small piece of marinated plum into the cherry tomato.</p> <p>1) Simply slice the red date to create a small pocket, remove the seed. 2) Then insert half a walnut into the red date.</p>	<p>26Cals (consume 2 – 3 servings)</p> <p>36Cals (consume 2 – 3 servings)</p>
<p>Lunch (Watch "3-day Detox Plan" video for the complete guide.)</p>	<p>CHICKPEAS, CARROT & ONION SOUP <u>Ingredients</u> 1) 200g carrots, chopped into cubes – 82Cals 2) 1 onion, diced – 44Cals 3) ½ can of chickpeas – 131Cals 4) 1 tsp. olive oil – 40Cals 5) 2 cups Vegetable Stock – 35Cals 6) Handful of parsley</p> <p>Video Link: https://youtu.be/7f4bkB3B05o</p> <p>OR</p> <p>CHUNKY VEGETABLE BARLEY SOUP <u>Ingredients (2 servings)</u> 1) 4 cups Vegetable Stock – 43Cals</p>	<p>1) Heat olive oil in a pan, add carrots and onion, cook for 2-3mins until fragrant. 2) Add stock, bring to a boil and cook for 15-20mins until carrots are very tender. 3) Remove from heat and puree the carrots with a hand or food blender. 4) Bring the pot back to boil under low heat, add chickpeas and parsley. Simmer for 5 minutes and serve.</p> <p>1) Coat a large pot with olive oil over medium-high heat.</p>	<p>332Cals</p> <p>400Cals</p>

<p>(Watch "Eat Soup & Stay Slim" video for the complete guide.)</p>	<p>2) 1 medium Onion, diced – 44Cals 3) 1 large (200g) Carrot, chopped in cubes – 82Cals 4) 200g Sweet Potato, chopped in cubes – 172Cals 5) 150g fresh / frozen Broccoli – 50Cals 6) 1/3 cup (75g) uncooked Pearl Barley – 315Cals 7) 1 can (400g) chopped Tomatoes, undrained – 88Cals 8) 1 tsp. Paprika – 6Cals <i>**Optional</i></p> <p>Video Link: https://youtu.be/SvmqURW-swg</p>	<p>2) Cook onion for 3-4 minutes until slightly brown. 3) Add carrots, sweet potato and vegetable stock. Allow all the ingredients to cook for 10 minutes. 4) After 10 minutes, add in the pearl barley, and cook for another 30-40 minutes until barley is very tender. 5) After 30-40 minutes, add the chopped tomatoes, broccoli and paprika. Simmer for another 10 minutes and serve.</p>	
<p>Snack (Watch "10 Healthy Desk Snacks" video for the complete guide.)</p>	<p>VEGGIE STICKS WITH DIP Ingredients Dip 1) 1 cup Vegan Yoghurt, 250g - 165Cals 2) 1 minced garlic clove - 4Cals 3) 1 tbsp. of freshly squeezed lemon juice - 4Cals 4) A handful of chopped fresh Mint - 4Cals 5) A little bit of lemon zest</p> <p>Vegetables 1) Carrots, sliced 2) Cucumber, sliced 2) Bell Pepper, sliced <i>*Option: Other vegetables of your choice</i></p> <p>OR</p> <p>SEAWEED VEGGIE ROLLS Ingredients 1) Toasted nori sheets – non-salted or flavoured</p>	<p>1) Mix vegan yoghurt with all the dried ingredients. 2) Dip the chopped up vegetables into homemade yoghurt dip and enjoy!</p> <p>1) Rolled 1 sheet of Toasted Nori Sheet with some chopped up vegetables and enjoy!</p>	<p>11Cals per tbsp. of yoghurt <i>(Consume as much vegetables as you want!)</i></p> <p>5Cals per 1 nori sheet <i>(consume in abundance)</i></p>

	<p>2) Cucumber, sliced 3) Carrot, sliced 4) Red Bell Pepper, sliced <i>*Option: Other vegetables of your choice</i></p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>2) You can also choose to dip it with the homemade yoghurt dip.</p>	
<p>Dinner</p> <p><i>(Watch "3 VEGAN Slimming Soups" video for the complete guide.)</i></p>	<p>COCONUT CURRY PUMPKIN SOUP <u>Ingredients (4 servings)</u></p> <p>1) 1kg Pumpkin, roasted, peeled and cubed – 260Cals <i>*Option: Butternut Squash or any other winter squashes.</i> 2) 1 medium (110g) Onion, diced – 40Cals 3) 3 Garlic Cloves, minced – 15Cals 4) 1 tbsp. Fresh Ginger, minced – 6Cals 5) ½ cup Light Coconut Milk – 163Cals 6) 3 cups Vegetable Stock – 45Cals 7) 1 tbsp. Olive Oil – 119Cals 8) 1 tsp. Curry Powder – 6Cals 9) ½ tsp. Cumin – 4Cals 10) ½ tsp. Turmeric – 4Cals 11) 1 tsp. Coriander Seed – 5Cals 12) 1 tbsp. Fresh Lemon Juice – 3Cals 13) Salt & Pepper to Taste</p> <p>Video Link: https://youtu.be/61Holtjm8fk</p> <p>AND</p>	<p>1) In a large pot, heat olive oil over medium heat. Stir in the garlic, ginger and onion for 1 to 2 minutes until slightly brown and fragrant. 2) Add in all the spices; curry powder, cumin, turmeric and coriander. Continue to stir for about 1 minute until spices become toasted and fragrant. 3) Then add in the pumpkin, vegetable stock and coconut milk. Bring to a boil, cover and simmer for about 10 minutes until pumpkin is tender. 4) Turn of the heat and puree all the ingredients with a hand blender until smooth. 5) Season with lemon, salt & pepper. Serve hot.</p>	<p>168Cals</p>

<p>(Watch "8 Delicious Lettuce Wrap Ideas" video for complete guide)</p>	<p>BLACK BEANS & SWEET POTATO LETTUCE WRAP <u>Ingredients (4 servings)</u> Filling 1) ½ can (130g) Black Beans, rinsed & drained – 123Cals <i>*Option: Any other beans of your choice</i> 2) 1 large (180g) Sweet Potato, baked & diced into cubes – 162Cals 3) ¼ medium Red Onion, finely diced – 10Cals 4) A handful of Coriander, roughly chopped – 1Cals 5) Lettuce Leaves 5) Salt & Pepper to taste</p> <p>Dressing 1) Juice from 1 Lime – 10Cals 2) ½ tbsp. Olive Oil – 60Cals 3) ½ tsp. Cumin – 4Cals 4) ½ tsp. Smoked Paprika – 4Cals</p> <p>Video Link: https://youtu.be/SD0_gNp8EF4</p>	<ol style="list-style-type: none"> 1) In a small bowl, combine lime juice, olive oil, cumin and smoked paprika. Set aside. 2) In a large bowl, add black beans, sweet potatoes, red onion and coriander. Combine well. 3) Toss in the dressing and season with salt and pepper. Mix until evenly coated. 4) To serve, spoon generous amount of black beans & sweet potato mixture onto lettuce leaves. 	<p>94cals <i>(consume 2 – 3 servings)</i></p>
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TOTAL CALORIES: 1400 – 1500CAL

	<p>Topping (4 servings) 1) 1 cup Tomatoes, chopped – 32cals 2) 1 cup Cucumber, chopped – 16Cals 3) ¼ cup Red Onion, diced – 15Cals 4) ¼ cup Pitted Olives – 37Cals <i>*you can choose to top up your soup with this salsa mixture</i></p> <p>Video Link: https://youtu.be/Qye2YHbxKi8</p>		
<p>Snack <i>(Watch “Kids Friendly Green Smoothie Recipe” video for complete guide)</i></p>	<p>GREEN SMOOTHIE Ingredients 1) ½ cup Spinach – 3.5Cals 2) ½ Green Apple, sliced – 78Cals 3) 1 Celery Stalk, sliced – 6Cals 4) ½ Banana, sliced – 60.5Cals 5) ½ Cucumber, sliced – 23.5Cals 6) ½ tbsp. Coconut Oil – 58.5 7) ½ cup Water (or Coconut Water)</p> <p>Video Link: https://youtu.be/OVqwNgDYY4s</p>	<p>1) Add all the ingredients into the blender. Blend until smooth.</p>	<p>230Cals</p>
<p>Lunch <i>(Watch “Healthy & Easy Poke Bowls” video for</i></p>	<p>POKE BOWL - MARINATED TOFU ON QUINOA Ingredients (1 bowl) 1) 1 cup Quinoa, cooked – 222Cals 2) 1/3 block(100g) Firm Tofu, drained, cut into cubes – 62Cals 3) ¼ Avocado, cut into cubes – 49Cals 4) ¼ cup Carrot, shredded – 11Cals</p>	<p>1) Start by marinating the tofu. In a small bowl, combine the soy sauce, sesame oil, garlic, sesame seeds and red pepper flakes. 2) Coat the tofu and leave it to marinate for 5 – 10 minutes.</p>	<p>435Cals</p>

<p><i>complete guide)</i></p>	<p>5) 2 tbsps. Corn – 18Cals 6) 2 tbsps. Cucumber, sliced – 6Cals</p> <p>Marination 1) 1 tsp. Sesame Oil – 40Cals 2) 1 tsp. Soy Sauce – 3Cals 3) ½ tsp. Sesame Seeds – 15Cals 4) ½ tsp. Garlic Clove, minced -5Cals 5) ½ tsp. Red Pepper Flakes</p> <p>Sauce 1) ½ tbsps. Soy Sauce – 3Cals 2) ¼ tsp. Rice Wine Vinegar 3) 1 tsp. Fresh Lemon Juice – 2Cals</p> <p>Video Link: https://youtu.be/RJC6MB1bQy0</p>	<p>3) Time to put this dish together! Always start with the base, which is quinoa, and arrange the tofu and all the vegetables. 4) Pour sauce mixture, sprinkle with sesame seeds and serve!</p>	
<p>Snack <i>(Watch “10 Healthy Desk Snacks” video for the complete guide.)</i></p>	<p>FANCY RICE CAKES Ingredients 1) 2 pieces Rice Cake – 26Cals each 2) ½ Banana, sliced</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Topped them up with any toppings of your choice such as sliced bananas, vegetable sticks, fruits, dried fruits, nuts and seeds.</p>	<p>160Cals <i>(based on 2 rice cakes with toppings)</i></p>
<p>Dinner <i>(Watch “3 VEGAN Slimming</i></p>	<p>HEARTY CREAMY MUSHROOM SOUP Ingredients (6 serving) 1) 500g Fresh Wild Mushrooms, thinly sliced – 90Cals 2) 3 cups (320g) Cauliflower, coarsely chopped – 82Cals 3) 1 large (150g) Yellow Onion, diced – 63Cals</p>	<p>1) In a large pot, add 2 cups of vegetable stock and cauliflower. Bring to a boil, cover and simmer for about 10 minutes until cauliflower is very tender. Puree with a hand blender until smooth and set aside.</p>	<p>72Cals</p>

<p><i>Soups" video for the complete guide.)</i></p>	<p>4) 1 tbsp. Olive Oil – 119Cals 5) 3 Garlic Cloves, minced – 15Cals 6) 4 cups Vegetable Stock – 60Cals 7) 1 tbsp. Fresh Lemon Juice – 3Cals 8) Salt & Pepper to Taste</p> <p>Video Link: https://youtu.be/61Holtjm8fk</p>	<p>2) In a pan, heat olive oil over medium high heat. Stir in garlic, onion and mushroom. Sautee from 5 – 7 minutes until onion and garlic are golden brown and fragrant and mushrooms are cooked through. 3) Add ¾ of the sautéed ingredients and the remaining 2 cups of water into the pureed cauliflower. Bring to a boil, cover and simmer for 5 minutes, until slightly thickened. Turn off the heat, Puree all the ingredients with a hand blender until smooth. 4) Then stir in the remaining sauteed mushrooms, and season with lemon, salt and pepper. Serve hot.</p>	
<p><i>(Watch "Veggie Asian Soba Noodles with Peanut Sauce" video for the complete guide.)</i></p>	<p>AND</p> <p>VEGGIE ASIAN SOBA NOODLES WITH PEANUT SAUCE <u>Ingredients (2 servings)</u> <u>Peanut Sauce</u> 1) 2 tbsps. Peanut Butter – 188Cals 2) 1 tbsp. Soy Sauce – 9Cals 3) 1 Garlic Clove, minced – 4Cals 4) 1 small Red Chilli, deseeded and roughly chopped *Optional. Add it for extra spice. 5) Juice from 1 Lime – 11Cals 6) ½ tbsp. Maple Syrup – 26Cals 7) 1 stalk Lemongrass, roughly chopped – 10Cals 8) A small chunk of Ginger, coarsely chopped – 4Cals 9) 3 tbsps. Water</p>	<p>1) Place all the ingredients into a food processor and process until you get a rather smooth and thin paste. 2) Add a little bit more water if needed. 3) Set the peanut sauce aside.</p>	<p>391Cals</p>

	<p><u>Noodle</u></p> <ol style="list-style-type: none"> 1) 1 bundle (80g) of Soba / Buckwheat Noodles – 284Cals 2) 1 medium Carrot – 30Cals 3) 1 large Bell Pepper, thinly sliced – 33Cals 4) 1 small (150g) Zucchini / Japanese Cucumber – 25Cals 5) 1 cup (150g) Bean Sprouts – 40Cals 6) ½ medium Red Onion, chopped – 20Cals 7) A handful of chopped Parsley – 10Cals 8) 20g Peanuts, halved – 117Cals 9) ½ tbsp. Sesame Oil – 60Cals 10) 1 small Red Chilli, finely chopped <p>Video Link: https://youtu.be/78n5e1SiMe4</p>	<ol style="list-style-type: none"> 1) Cook the soba noodles according to instruction. 2) Here’s a tip, to avoid the noodles from sticking, drain and rinse with cold water. Set it aside. 3) Spiralise the Japanese cucumber and carrot into noodles either with a vegetable spiral slicer or a peeler. If you do not have a vegetable spiral slicer, this is definitely something you should invest in to make beautiful veggie noodles. Set it aside. 4) Heat sesame oil over medium-high heat. Toss the peanuts in the oil until they are lightly toasted on all sides, then add the onion, chilli and sauté for another 2-3 minutes until fragrant. 5) Finally, add the bell pepper, bean sprouts, parsley, carrots and Japanese cucumber. Saute very quickly for 2-3 minutes and remove from heat. To keep the vegetables crunchy, we do not want to over cook them. <p>It’s time to assemble the dish.</p> <ol style="list-style-type: none"> 1) In a large bowl, take ¾ of the mixed vegetables and combine it with the soba noodles. 2) Separate them evenly into 2 plates. Top it up with the remaining mixed vegetables. 3) And finally, you can choose to serve with the peanut sauce at the side or drizzle the sauce onto the dish. 	
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TOTAL CALORIES: 1700 – 1800CAL

WEDNESDAY / SATURDAY MEALS

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
<p>Breakfast <i>(Watch "5-Minute Overnight Oats for Busy Mums" video for complete guide)</i></p>	<p>OVERNIGHT OAT <u>Ingredients (6 servings)</u> 1) 2 cups Rolled Oats – 680Cals 2) 1 - 2 tbsps. Chia Seeds – 138Cals 3) ¼ cup Nuts – 203Cals 4) 1 tbsp. Grounded Flax Seeds – 55Cals 5) 2 tbsps. Dried Cranberries / Fruits – 46Cals 6) 1 tbsp. Coconut Flakes – 45Cals 7) 2/3 cup Coconut Milk – 297Cals <i>*Option: Any other milk of your choice</i> 8) 1 cup Water</p> <p>Video Link: https://youtu.be/jJkMkZbSCZc</p>	<p>1) In a large bowl, add all the dry ingredients together. Mix well. 2) Then pour in the coconut milk and stir until well combined. 3) Cover and place it in the fridge overnight. 4) The next morning, you can choose to top it up with your favourite fruit toppings.</p>	<p>244Cals</p>
<p>Snack <i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>TRAIL MIX <u>Ingredients</u> 1) Cashew Nuts 2) Sunflower Seeds 3) Dried Cranberries</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.</p>	<p>140 – 170Cals</p>

	Video Link: https://youtu.be/yaSSBmesSas		
Snack <i>(Watch “Kids Friendly Green Smoothie Recipe” video for complete guide)</i>	PINNA COLADA SMOOTHIE Ingredients 1) ½ cup Pineapple, diced – 37Cals 2) ½ cup Mango, cut into cubes – 54Cals 3) ½ cup Coconut Milk – 222Cals 4) ½ cup Lettuce – 2Cals Video Link: https://youtu.be/OVqwNgDYY4s	1) Add all the ingredients into the blender. Blend until smooth.	315Cals
Dinner <i>(Watch “Healthy Chinese Takeaway” for the complete guide.)</i>	BUDDHA’S DELIGHT Ingredients (4 servings) 1) A head of Broccoli, cut into florets - 98cals 2) 1 Carrot, thinly sliced - 25cals 3) ½ cup (40g) Shitake Mushrooms, thinly sliced - 10cals 4) 1 cup (100g) Snow Peas - 42cals 5) 3 Garlic Cloves, minced - 11cals 6) 1 tbsp. Light Soy Sauce - 6cals 7) 1 tbsp. Sesame Oil - 120cals 8) A pinch of Salt Video Link: https://youtu.be/hDHH8uh_Y-c AND	1) In a pan, heat oil over medium-high heat. Stir in the garlic and sauté very quickly for 1 to 2 minutes until lightly browned. 2) Then stir in all the vegetables and cook until vegetables are tender. If you need to, add in a little bit of water. 3) Finally, mix in soy sauce and season with salt.	78Cals

<p>(Watch "3 VEGAN Slimming Soups" video for complete guide)</p>	<p>BLACK BEAN & SWEET POTATO SOUP Ingredient (4 servings) 1) 1.5 cups Sweet Potato, peeled & diced – 171Cals 2) 1 can (15oz) Black Beans, rinsed & drained – 350Cals 3) 1 medium Onion, diced – 40Cals 4) 2 Garlic Cloves, minced – 10Cals 5) 1 tsp. Olive Oil – 40Cals 6) 1 tsp. Cumin – 8Cals 7) 1 tsp. Smoked Paprika – 8Cals 8) 1 tsp. Coriander Seed – 5Cals 9) 2 cups Vegetable Stock, depending on how thick you like your soup – 30Cals 10) Salt & Pepper to Taste</p> <p>Video Link: https://youtu.be/61Holtjm8fk</p>	<ol style="list-style-type: none"> 1) In a large pot, heat olive oil over medium heat. 2) Add garlic and onion and stir-fry very quickly until slightly brown and fragrant. 3) Mix in the sweet potato, black beans and all the spices. 4) Then add the vegetable stock. Bring to a boil, cover and simmer for 15 – 20 minutes until sweet potatoes are tender and cooked through. Turn off the gas or heat. 5) Using a soup ladle, scoop out about one cup of sweet potatoes and black beans and set aside. Puree the rest of the ingredients with a hand blender. 6) Turn the heat back on to low and add back in the reserved sweet potatoes and black beans. Season with salt & pepper and cook very quickly for about 5 minutes just to heat the soup up. 	<p>167Cals</p>
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TOTAL CALORIES: 1300 - 1400CAL



Website: www.joannasoh.com
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****As for **SUNDAY**, choose your favourite meals and have them together with one Reward Meal in MODERATION.**

IMPORTANT NOTES:

- 1) This Meal Plan is based on a balanced diet rich with lean meat, unrefined carbs, healthy fat, packed with fruits and vegetables, which helps for quick weight loss, to build lean muscles and to give you a flat tummy.
- 2) You can watch my step-by-step guidance for all the meals and recipes on my “Healthy Meal Plan, Food & Nutrition” playlist on my YouTube channel: www.youtube.com/user/joannasohofficial
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help to lose weight.
- 4) If you are a male, increase the portion size and keep to 1800cals – 2100cals per day.
- 5) You can choose to prepare your meals in BULK and have them for the next 2 – 3 days for convenience.
- 6) These meals are INTERCHANGEABLE. So you can have your snack for breakfast, breakfast for lunch etc.
- 7) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.
- 8) Adjust the portion size and calories according to the product you use. Mine might be slightly different from yours. So read the food label carefully. If there isn't a food label, you can search up on the nutrients and calories online.
- 9) You can always mix your meal plan and create your own recipe by using other ingredients of your choice.
- 10) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 11) Aim to eat every 3 – 4 hours throughout the day.
- 12) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier, which will help to keep you on track.
- 13) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 14) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 15) Have your BREAKFAST within one hour of you waking up to kick-start your metabolic rate.
- 16) WORKOUT 5 – 6 times a week between 45 – 60 minutes for maximum result. Please follow my “Workout Plan” for that.
- 17) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 18) STAY AWAY from alcohol, soda drinks, processed food, fast food and all junks!
- 19) Treat yourself to a REWARD MEAL once a week in moderation. This will avoid the risk of excessive intake of your favourite guilt treats.
- 20) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

**DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,
BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)**