

'Veggies brought u

It offered a plant-based menu and a chance to lose a few pounds. What could go wrong? Here, Kate Corr, 45, reveals what happened when she went on a vegan retreat with her daughter Ava, 17

DAY 1

We arrive at a grand Victorian house perched on top of a hill overlooking the glorious Devon countryside. The boutique hotel-style house has been beautifully renovated with polished wood floors and stunning chandeliers and feels instantly peaceful. We are here because we're both interested in going more vegan, getting rid of our sugar and caffeine addictions and maybe losing a pound or two. Since there's also a mobile phone ban (you can only use them in the bedroom) I'm hoping I might also become reacquainted with my daughter Ava.

At 6.30pm we eat our first meal. We've been warned that the creative vegan menu is very low in calories - the portion definitely looks small - but the tasty mushroom stir-fry with quinoa is nevertheless delicious. Unfortunately, there isn't any pudding but we put on a brave face, make do with a fruit tea and decide to have an early night. Well, the main door is locked at 9pm so we don't really have much choice...

DAY 2

We are woken by a bell at 7.30am. After a cup of warm lemon water and a tiny slither of apple (just enough sugar to keep us going) we embark on a two-hour hike which is surprisingly enjoyable despite the hunger pangs and thumping headache - the result of caffeine and sugar withdrawal. A glass of carrot and ginger juice awaits

us on our return followed by another two hours of exercise - a fitness class (I hate) and a yoga class (she hates). At least we agree on something!

At 1pm we eat our first meal of the day - a barley and beetroot salad, beautifully presented and packed with flavour. I eat slowly, savouring each mouthful, dreaming of seconds...

Afternoons are decidedly more relaxing. We're offered massage and facial treatments and look forward to afternoon tea, served at 3pm. There are, of course, no scones (sob) but the fresh mint tea and tiny portions of papaya, melon and blueberries - only three each - have never tasted sweeter.

Then, after another long, vigorous walk - this time along a beautiful beach - it's time for dinner. The chunky vegetable broth of carrots, peppers, tomatoes cauliflower and onions tastes amazing and is surprisingly filling. Ava - the child who used to cry at the sight of a carrot - decides she loves it. "Can we make this at home, Mum?" she asks. It's music to a mother's ears!

DAY 3

The routine is the same but the two-hour hike in the Devon hills is much harder (though the scenery is admittedly beautiful) and the headache is getting worse. I'm feeling nauseous, shivery and decidedly out of sorts, which I'm told are all side-effects of sugar and caffeine withdrawal. I vow to

Kate got to relax in the peaceful setting



The food was delicious



never go near another espresso or can of diet coke again. In fact, I feel so poorly that instead of a vegan Greek salad with avocado and buckwheat for lunch I'm given a small bowl of porridge made with water to settle my stomach, and quickly start to feel better. I spend the rest of the afternoon sitting outside resting, trying to ignore the smell of fish and chips that somehow keeps wafting up from the nearby seaside town of Ilfracombe. Ava sneaks out and buys two oranges from the shop. It's against the rules but she doesn't care - and she doesn't share them either.

Kate and Ava on one of their morning hikes

s closer together!'



'We lock eyes, hangry, tired and ready for a fight!'



They picked up lots of cooking tips

the toughest hike yet, but we both manage it fairly easily. Today, lunch and dinner, which only a few days ago seemed so tiny, now suits us fine and I've developed a passion for fresh mint tea, though the three blueberries that accompany it do still seem a little mean.

LATER THAT NIGHT

We are watching *Love Island* (in the bedroom on our phones) and we are fighting over an apple. I found it in the bottom of my bag and she'd promised to give me half. But she's eaten the lot and hands me the soggy remains of the core. "How could you do that?" I snap. We lock eyes, hangry, tired and ready for a humdinger of a fight. But we quickly decide we can't be bothered- we're too tired! With a heavy sigh, I eat the remains of the apple core. Actually, it doesn't taste too bad.

DAY 4 - FINAL DAY

Something strange has happened. After my best night's sleep in months, I wake up feeling energised. The headache has diminished and I'm actually looking forward to the day. It's

Ava meanwhile continues to plan her new vegan lifestyle, announcing her plans to make a vegan lentil curry when we get home. Hmm... I'll believe it when I see it.

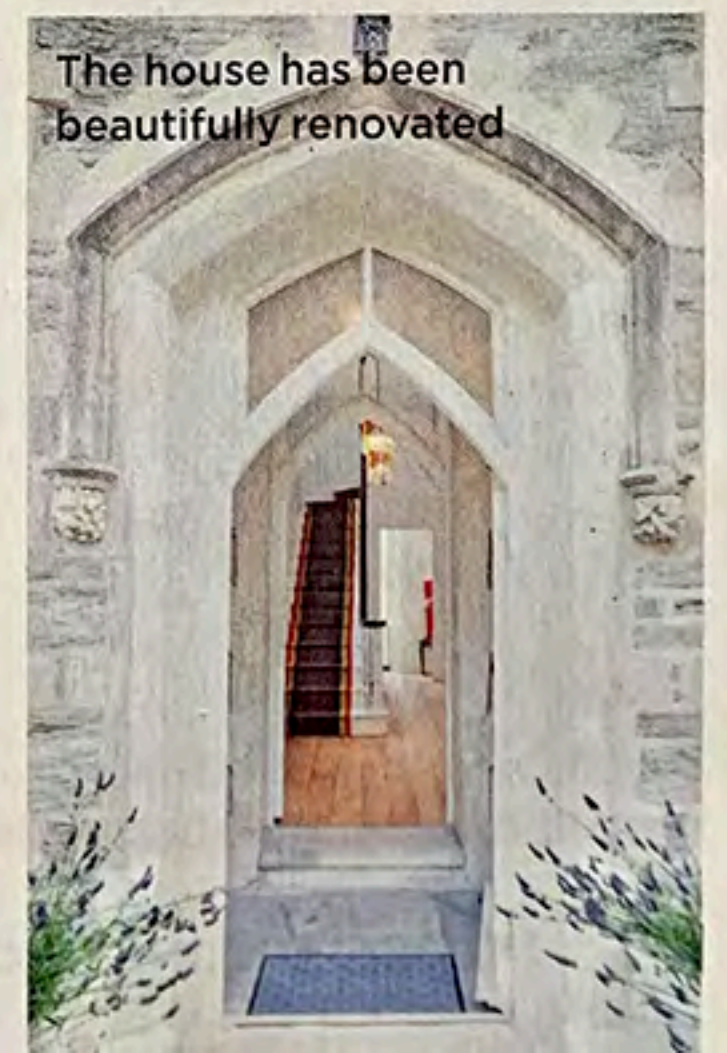
ONE WEEK LATER

We've lost weight (around 8lbs between us) and are still off caffeine and sugar. We're eating far more fruit and veg than ever and have discovered a love for Aldi's vegan beetroot burgers. Ava has made two vegan curries and is experimenting with tofu stir-fries and kale smoothies, but thoughtfully still leaves me to clear up the mess! She may have gone vegan, but she's still a teenager.

● For more information about the *Weight Loss and Rejuvenation Retreat*, visit Slimmeria.com



The grand property overlooks the beach



The house has been beautifully renovated

'My rescue dog healed my broken heart'



DROP A DRESS SIZE IN 4 WEEKS
PLAN INSIDE

LUCY:
'Meat-free days give me more energy'



Closer Vegan

SMALL CHANGES
MAKE A BIG DIFFERENCE



SPECIAL!

DELICIOUS RECIPES

EASY MEALS FOR JUST £1!



THRILLED JASMINE

'I've lost 2st on a plant-based diet'



THE BEST SUPERMARKET EATS & TREATS



CELEB & TRUE LIFE SPECIAL SERIES
£1.99
9 772632 135009
07

PLUS:
CRUELTY-FREE FASHION, BEAUTY & HOME
WHY MORE CELEBS ARE GOING GREEN
INSPIRING REAL LIFE TRANSFORMATIONS