
Hi all

Posted by mqzy - 2008/06/09 23:05

I'm on a weight loss kick but i was wondering whether anyone has advice regarding the most effective, best value (and palatable!) meal replacement powder/bars? My diet is pretty good but i'm looking for something quick and easy I can have when I'm having particularly busy day.

I've tried Promax Diet in strawberry and chocolate. Strawberry is foul and the chocolate i slightly easier to take with hazelnut flavoured Rice Dream!

Any ideas?

Thanks very much

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Re:Hi all

Posted by glenn - 2008/06/10 13:01

You can start by not posting links to your sites/affiliates. which have been removed and you will be banned on the next attempt.

We do allow signatures though and have no problems people promoting themselves through that. Cheers.

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