

HOLIDAY HAPPY MEAL - Kerry Katona sunbathes topless and tucks into a burger and milkshake at

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Kerry Katona sunbathed topless while tucking into a burger and a milkshake days after saying she's happy with her weight gain. The 38-year-old recently jetted to the Greek Island of Mykonos with eldest daughter Molly, 17, to attend an intense fitness retreat.

Kerry Katona sunbathed topless while tucking into a burger and a milkshake days after saying she's happy with her weight gain

But despite the health kick, Kerry has insisted she's "happy" with her weight gain, and proved it by tucking into a juicy burger while sunbathing.

The mother-of-five clearly enjoyed every bite of her meal while sitting on her sunlounger, before washing it down with an indulgent looking milkshake.

Kerry went topless for her alfresco lunch in the Greek sunshine, wearing only white bikini bottoms and a lime green hairband to keep her blonde hair off her face.

The former Atomic Kitten singer recently shared a picture of her pulling at her stomach, while on the Greek island, wearing a leopard print bikini.

Kerry enjoyed her alfresco lunch topless

Kerry washed her burger down with an indulgent looking milkshake

She captioned the Instagram post: "So some pics have popped up online of me!!! Yes I have put some weight on but am happy!!

"Iâ€™m proud of my body!! I might not look sexy but I felt it!!

"The main thing is my head is in the best place itâ€™s been in years and thatâ€™s what matters!!"

Kerry - who has admitted to being a yo yo dieter over the years - has admitted she has had "ups and downs", but decided to go on the fitness retreat to keep her healthy lifestyle on track and maintain a positive state of mind.

Last week Kerry said she was "happy" with her recent weight gain

She continued: "Iâ€™m at bootcamp @g.i.jane_bootcamp to give me a kick up the backside and to keep on track of my

state of mind!!

"We all have ups and downs itâ€™s how we deal with those downs that show our strength!!!"

The 38-year-old reclined on her sunlounger in the sunshine

In her lengthy post, she joked: "No one ever really feels good about putting weight on but donâ€™t ever let it rule your life!!! Other peopleâ€™s opinions of me is none of my business!!!

"And letâ€™s be honest if I didnâ€™t put weight on and lose it I wouldnâ€™t have a career!!!!

"Happiness comes from within! I feel blessed and grateful sending you all lots of positivity and love! BE KIND TO ONE ANOTHER."

- The Sun