



# Meal Planner



Need a hand planning your week? Here's something we prepared earlier...

	MORNING		AFTERNOON		EVENING	
<b>Monday</b>	Chocolate Shake	Nut Fudge Bar	Thai FastPot	Savoury Broth	Spaghetti Bolognese	
<b>Tuesday</b>	Porridge	Toffee Bar	Vegetable Soup	Popped Chips	Classic Chilli	Jelly
<b>Wednesday</b>	Vanilla Shake	Savoury Broth	Scotch Broth		Chicken FastPot	Chocolate Mug Cake
<b>Thursday</b>	Porridge	Chocolate Raisin Bar	Chocolate Shake	Savoury Broth	Spaghetti Bolognese	
<b>Friday</b>	Strawberry Shake	Savoury Broth	Thai FastPot	Crispy Peanut Bar	Shepherd's Pie	Jelly
<b>Saturday</b>	Porridge	Nut Fudge Bar	Chicken FastPot	Savoury Broth	Classic Chilli	
<b>Sunday</b>	Chocolate Shake	Savoury Broth	Shepherd's Pie	Popped Chips	Spaghetti Bolognese	Chocolate Mug Cake

## Don't forget...

Prepare your jelly 4-5 hours before so it's set and ready to eat.

## Amazing free support every step of the way..

Including live chat, phone, email, text, app, game PLUS tips, advice and inspiration on our blog and on our social pages, including YouTube, Twitter and our fantastic [Facebook community](#)



# What you have each day

**4 Foodpacks** – any combination, including a maximum of 1 meal replacement FastPot/bar a day\*  
For our limited editions, ask your LighterLife Centre or Mentor, or check online. And yes, all our Foodpacks are suitable for vegetarians (even Shepherd's Pie!).

## Plus unlimited...

**Water** – tap water, still or sparkling mineral water, and soda water have a maximum 1 a day

**LighterLife Drink Mixes** – refreshing, sugar-free and in 3 zingy flavours: Fruits of the Forest, Pink Grapefruit and Sunrise Orange

**Black coffee** (any non-flavoured type) and **black tea** (only from the leaf e.g. breakfast tea, peppermint tea, green tea, Earl Grey, herbal tea from the leaf)

**LighterLife Savoury Broth** – a hearty, warming drink for any time of day.

**Condiments** – Salt, pepper, red Tabasco sauce, tablet sweetener, any type of stevia sweetener

**LighterLife extras** – unlimited Fibre Mix, Mousse Mix\*\* and Raspberry Jelly\*\*

... And all this for around 600 kcal. Independent expert research shows ordinary food diets under 1000 kcal simply can't supply all the vitamins and minerals required for good health on a daily basis, but you're getting everything you need with LighterLife.

*Plus... enjoy an occasional packet of NEW Light Bite Popped Chips\*\*\* in 4 savoury flavours: Cheddar Cheese and Chutney, Pesto and Sundried Tomato, Roasted Shallot and Cider Vinegar, Sweet and Smoky Chipotle flavours (maximum 1 a day)*

## Everything else is off limits, including:

**Any other food** – not even a slice of lemon in your water

**Alcohol**

**Herbal teas** made from fruit

**Any other drinks** – so no diet drinks or shop-bought flavoured water

**Chewing gum**

**Spoonable sweeteners** (except for stevia)

\*Meal replacement bars: Chocolate Raisin, Chocolate Hazelnut. \*\*Meal-replacement FastPots: Fragrant Thai Noodles, Creamy Chicken Noodles.

\*\*Contain gelatine, so they're unsuitable for vegetarians.  
\*\*\*This may bring some people out of ketosis.