

WEEK 1

# Your Total Plan Meal Planner

**28day**  
*challenge*  
with **LighterLife®**

	Morning		Afternoon		Evening	
<b>Monday</b>	Chocolate Shake	Nut Fudge Bar	Thai FastPot	Drink mix*	Spaghetti Bolognese	
<b>Tuesday</b>	Porridge	Toffee Bar	Vegetable Soup	Popped Chips†	Shepherd's Pie	Drink mix*
<b>Wednesday</b>	Vanilla Shake	Drink mix*	Vegetable Soup		Chicken FastPot	Chocolate Mug Cake
<b>Thursday</b>	Porridge	Chocolate Raisin Bar	Chocolate Shake	Drink mix*	Spaghetti Bolognese	
<b>Friday</b>	Strawberry Shake	Drink mix*	Thai FastPot	Crispy Peanut Bar	Shepherd's Pie	Drink mix*
<b>Saturday</b>	Porridge	Nut Fudge Bar	Chicken FastPot	Drink mix*	Spaghetti Bolognese	
<b>Sunday</b>	Chocolate Shake	Drink mix*	Shepherd's Pie	Popped Chips†	Spaghetti Bolognese	Chocolate Mug Cake

**In a rush?**  
Why not take a bar with you, no prep required!

## Amazing FREE Support every step of the way!

- Live Chat
- Phone
- E-mail
- Text
- Facebook community

**PLUS** tips, advice and inspiration on our blog and social pages.



**! Don't Forget...** Prepare your jelly 4-5 hours before so it's set and ready to eat.

## What You have each day

### 4 total diet replacement 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!

**Water** – tap, still, sparkling or soda.

### Plus unlimited...

\***LighterLife water flavourings** – refreshing, sugar-free Drink Mixes 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)

**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 600-800 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 \***LighterLife Savoury Broth** – a hearty, warming drink for any time of day

And enjoy an occasional packet of **NEW** LighterLife Popped Chips†† in 4 savoury flavours: BBQ, Cheese and Onion, Sweet Chilli, Salt and Vinegar flavours (maximum 1 a day).

### Everything else is completely 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.