

Your Management MEAL PLANNER WEEK 1

Failing to plan is... planning to fail. Use this to plan your meals

| | Morning | | Afternoon | | Evening | |
|---------------------------|------------------|---------------------------|----------------------------------|----------------------------|---------------------|---------------------------|
| Mon | Porridge | Popped Chips [†] | LUNCH | Chocolate Raisin Bar | Spaghetti Bolognese | |
| Tue Fasting Day | Chocolate Shake | Toffee Bar | Thai FastPot | Pink Grapefruit Drink Mix* | Vegetable Soup | |
| Wed | Porridge FastPot | | LUNCH | Facebook Live group | Chicken FastPot | Nut Fudge Bar |
| Thu Fasting Day | Vanilla Shake | | Vegetable Soup | Salted Caramel Bar | Shepherd's Pie | Jelly* |
| Fri | Porridge | Popped Chips [†] | LUNCH | Chocolate Raisin Bar | Spaghetti Bolognese | |
| Sat | Vanilla Shake | | Thai FastPot | Strawberry Shake | EVENING MEAL | Popped Chips [†] |
| Sun | Porridge | | Spicy Sweet Potato & Carrot Soup | Chocolate Hazelnut Bar | EVENING MEAL | Jelly* |

*Unlimited extras and †Popped chips-enjoy an occasional packet of NEW Light Bites Popped Chips in 4 savoury flavours (recommended 1-2 packets a week, maximum 1 a day).

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...

- Facebook Live groups
- Live chat
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PLUS tips, advice and inspiration on our blog and social pages; YouTube, Twitter and our fantastic Facebook community

In a rush?

Why not take a bar with you, no prep required!



LighterLife®