

Your Management MEAL PLANNER WEEK 3

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

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

*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...

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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[®]