

Your Management MEAL PLANNER WEEK 5

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

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

*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[®]