

Your Management MEAL PLANNER WEEK 6

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

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

*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
- Phone
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- Text

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®