

WEEK 1

Your Management Plan

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

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

Meal Planner

	Morning		Afternoon		Evening	
Monday	Porridge	Popped Chips†	LUNCH	Chocolate Raisin Bar	Spaghetti Bolognese	
Tuesday	Chocolate Shake	Toffee Bar	Thai FastPot	Pink Grapefruit Drink Mix*	Vegetable Soup	
Wednesday	Porridge Fastpot		LUNCH	Facebook Live Group	Chicken FastPot	Nut Fudge Bar
Thursday	Vanilla Shake		Vegetable Soup	Salted Caramel Bar	Shepherd's Pie	Jelly*
Friday	Porridge	Popped Chips†	LUNCH	Chocolate Raisin Bar	Spaghetti Bolognese	
Saturday	Vanilla Shake		Thai FastPot	Strawberry Shake	EVENING MEAL	Popped Chips†
Sunday	Porridge		Spicy Sweet Potato & Carrot Soup	Chocolate Hazelnut Bar	EVENING MEAL	Jelly*

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

Amazing FREE virtual mindfulness sessions and your own experienced Mentor.

PLUS Live Chat, Phone, E-mail, Text and Facebook community.

AND tips, advice and inspiration on our blog and social pages.



**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.