

WEEK 2

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	Toffee Bar	Popped Chips†	LUNCH	Vegetable Soup	Chicken Fastpot	
Tuesday	Porridge	Toffee Bar	Thai FastPot	Sunrise Orange Drink Mix*	Shepherd's Pie	Jelly*
Wednesday	Vanilla Shake	Salted Caramel Bar	LUNCH	Facebook Live Group	Spaghetti Bolognese	Popped Chips†
Thursday	Porridge Fastpot		Nut Fudge Bar		Chicken Fastpot	Chocolate Mug Cake
Friday	Banana Shake	Pink Grapefruit Drink Mix*	LUNCH	Chocolate Raisin Bar	Shepherd's Pie	Popped Chips†
Saturday	Crispy Peanut Bar		Salted Caramel Bar	Spicy Sweet Potato & Carrot Soup	EVENING MEAL	Jelly*
Sunday	Blueberry Pancakes	Popped Chips†	Thai Fastpot	Chocolate Shake	EVENING MEAL	

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

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**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.