

WEEK 3

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

! 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.