

**WEEK 4**

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

# Your Management Plan

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

# Meal Planner

	Morning		Afternoon		Evening	
<b>Monday</b>	Vanilla Shake	Popped Chips†	LUNCH	Vegetable Soup	Spaghetti Bolognese	
<b>Tuesday</b>	Porridge		Salted Caramel Bar	Spicy Sweet Potato & Carrot Soup	Shepherd's Pie	Jelly*
<b>Wednesday</b>	Toffee Bar	Sunrise Orange Drink Mix*	LUNCH	Facebook Live Group	EVENING MEAL	Chocolate Shake
<b>Thursday</b>	Porridge	Popped Chips†	Chicken Fastpot	Crispy Peanut Bar	Spaghetti Bolognese	
<b>Friday</b>	Banana Shake		LUNCH	Chocolate Raisin Bar	EVENING MEAL	Popped Chips†
<b>Saturday</b>	BREAKFAST	Pink Grapefruit Drink Mix*	Thai Fastpot		EVENING MEAL	Vegetable Soup
<b>Sunday</b>	Porridge Fastpot		LUNCH	Popped Chips†	EVENING MEAL	Salted Caramel Bar

**! 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.