

**WEEK 5**

**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>	Porridge	Popped Chips†	LUNCH	Vegetable Soup	EVENING MEAL	
<b>Tuesday</b>	Nut Fudge Bar	Pink Grapefruit Drink Mix*	Spaghetti Bolognese	Chocolate Shake	Thai Fastpot	
<b>Wednesday</b>	Vanilla Shake	Chocolate Hazelnut Bar	LUNCH	Facebook Live Group	EVENING MEAL	Popped Chips†
<b>Thursday</b>	Porridge Fastpot		Salted Caramel Bar	Spicy Sweet Potato & Carrot Soup	Shepherd’s Pie	Jelly*
<b>Friday</b>	Blueberry Pancakes	Popped Chips†	LUNCH	Chicken Fastpot	EVENING MEAL	
<b>Saturday</b>	Toffee Bar	Pink Grapefruit Drink Mix*	LUNCH		EVENING MEAL	Strawberry Shake
<b>Sunday</b>	BREAKFAST	Chocolate Raisin Bar	LUNCH	Popped Chips†	EVENING MEAL	Chocolate Mug Cake

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

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**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.