

WEEK 6

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

! **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.