

1 Total Plan

Every week you have 28 Foodpacks

- Between 21 and 28 TDR VLCD servings
- Up to 7 MRF servings

This will give you:

- 100% nutrition
- Between 600-800 Calories

You may also have unlimited:

- LighterLife water flavourings
- LighterLife Jelly
- LighterLife Savoury Drink mix

As well as **one bag of LighterLife popped chips** every day

2 FlexiFast & Management Plan

You replace one or more meals every day with between one and three of any LighterLife Foodpacks.

You eat at least one meal of conventional food a day.



TDR VLCD

(Total Diet Replacement, Very-Low Calorie-Diet Foodpacks)
≈150 kcal

Shakes:

- GF V Banana
- GF V Chai Latte
- GF V Chocolate
- GF V Mango & Passion Fruit
- GF V Strawberry
- GF V Vanilla

Porridge:

- V Apple & Cinnamon
- V Original
- V Vanilla Pot

Soup:

- V Chicken & Sweetcorn
- V Spicy Sweet Potato & Carrot
- V Vegetable

Savoury:

- V Pasta Carbonara
- V Shepherd's Pie
- V Spaghetti Bolognese
- V Tomato & Pesto Flatbread

Sweet:

- V Blueberry Pancakes
- V Chocolate Mug Cake

Bars:

- V Crispy Peanut
- V Nut Fudge
- V Toffee

MRF

(Meal Replacement Foodpacks)
200+ kcal

Smoothies:

- GF V Chocolate Smoothie (7)
- GF V Mixed Berry Smoothie (7)

Sweet:

- GF Ve Banana Porridge (7)
- V Maple Syrup Pancakes (7)
- V Sticky Toffee Pudding (7)

Savoury:

- GF Ve Super Green Vegetable Soup (7)

Pots:

- V Creamy Chicken Noodle
- V Fragrant Thai Noodle
- V Jerk Noodle
- V Pasta Bolognese

Bars:

- V Chocolate Peanut
- V Chocolate Raisin
- V Double Chocolate
- V Salted Caramel

Extras

Drink Mixes:

- V Fruits of the Forest
- Ve Pink Grapefruit
- Ve Savoury Broth
- V Sunrise Orange

Jelly:

- Blackcurrant
- Orange & Mango
- Raspberry

Tubs:

- V Fibre Mix
- Mousse Mix

Popped Chips:

Limited to 1 pack a day

- GF V Salt & Vinegar
- V Smokey BBQ