

Your Management MEAL PLANNER WEEK 2

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

	Morning		Afternoon		Evening	
Mon	Toffee Bar	Popped Chips [†]	LUNCH	Vegetable Soup	Chicken FastPot	
Tue Fasting Day	Porridge	Toffee Bar	Thai FastPot	Sunrise Orange Drink Mix*	Shepherd's Pie	Jelly*
Wed	Vanilla Shake		LUNCH + Salted Caramel Bar	Facebook Live group	Spaghetti Bolognese	Popped Chips [†]
Thu Fasting Day	Porridge FastPot		Nut Fudge Bar		Chicken FastPot	Chocolate Mug Cake
Fri	Banana Shake	Pink Grapefruit Drink Mix*	LUNCH	Chocolate Raisin Bar	Shepherd's Pie	Popped Chips [†]
Sat	Crispy Peanut Bar		Salted Caramel Bar	Spicy Sweet Potato & Carrot Soup	EVENING MEAL	Jelly*
Sun	Blueberry Pancakes	Popped Chips [†]	Thai FastPot	Chocolate Shake	EVENING MEAL	

*Unlimited extras and [†]Popped chips-enjoy an occasional packet of NEW Light Bites Popped Chips in 4 savoury flavours (recommended 1-2 packets a week, maximum 1 a day).

Don't forget...

Prepare your jelly 4-5 hours before so it's set and ready to eat

Amazing **FREE SUPPORT** every step of the way...

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PLUS tips, advice and inspiration on our blog and social pages; YouTube, Twitter and our fantastic Facebook community

In a rush?

Why not take a bar with you, no prep required!



LighterLife®