

Your Management MEAL PLANNER WEEK 4

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

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

*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...

- Facebook Live groups
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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®