

# Your Meal Planner

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

	Meal 1	Meal 2	Meal 3	Meal 4	Optional Extras	
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

## Need a little guidance to achieve your weight-loss goals?

Our qualified Mentors will guide you every step of the way to transform your body and mind in a healthy and lasting way. To help you live your Lighter Life.

### We offer various means of support:

- Personal Mentor Support – Guidance and weekly CBT Mindfulness sessions
- CBT Mindfulness sessions via Facebook live sessions
- Community support via your LighterLife® TotalFast and Intermittent Fasting Facebook Support Groups
- Content – helpful blogs and newsletters

Get in contact with your personal Mentor today!

### How to find your Mentor?

Do a postcode search at [lighterlife.com](http://lighterlife.com) or email [findmymentor@lighterlife.com](mailto:findmymentor@lighterlife.com).

“ Failing to plan is... planning to fail

Use this to plan your meals.

Make the most of our weekly CBT mindfulness sessions and personal Mentor support.

### PLUS

Live Chat, Phone, E-mail, Text and Facebook community.

**AND** tips, advice and inspiration on our blog and social pages.



Sharon lost  
**5st 5lb**



"I feel like a completely new person! I found the support from my Mentor and our weekly group sessions invaluable. I have done lots of diets in the past without success where you are left on your own with it. I wish I'd done it years ago!



  
**LighterLife®**