

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						

“Failing to plan is... planning to fail”

Use this to plan your meals.



“LighterLife has quite simply changed my life. I now feel very confident about myself for the first time in years and I am so much more excited for life.”

Stella
lost 4st 4lb in 4 months

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

PLUS Live Chat, Phone, Email, Text and Facebook community.

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

