

WEEK 3

Your TotalFast Plan Meal Planner

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

	Morning		Afternoon		Evening	
Monday	Vanilla Shake	Savoury Broth*	Thai FastPot		Spaghetti Bolognese	Toffee Bar
Tuesday	Banana Shake	Savoury Broth*	Chicken FastPot	Popped Chips†	Shepherd's Pie	Chocolate Mug Cake
Wednesday	Porridge	Toffee Bar	Vegetable Soup	Savoury Broth*	Chicken FastPot	Jelly*
Thursday	Chocolate Shake	Chocolate Hazelnut Bar	Spaghetti Bolognese	Savoury Broth*	Shepherd's Pie	
Friday	Porridge	Strawberry Shake	Vegetable Soup	Jelly*	Spaghetti Bolognese	Savoury Broth*
Saturday	Chocolate Shake	Savoury Broth*	Thai FastPot	Popped Chips†	Nut Fudge Bar	Blueberry Pancakes
Sunday	Porridge	Chocolate Raisin Bar	Vegetable Soup		Shepherd's Pie	Savoury Broth*

! Don't Forget... Prepare your jelly 4-5 hours before so it's set and ready to eat.

What You have each day

4 total diet replacement Foodpacks

– any combination, including a maximum of 1 meal replacement FastPot/bar a day** For our limited editions, ask your LighterLife Centre or Mentor, or check online. And yes, all our Foodpacks are suitable for vegetarians – even Shepherd's Pie!

Water – tap, still, sparkling or soda.

Plus unlimited...

***LighterLife water flavourings** – refreshing, sugar-free Drink Mixes in 3 zingy flavours (Fruits of the Forest, Pink Grapefruit and Sunrise Orange)

Black coffee (any non-flavoured type) and **black tea** (only from the leaf e.g. breakfast tea, peppermint tea, green tea, Earl Grey, herbal tea from the leaf)

Condiments – Salt, pepper, red Tabasco sauce, tablet sweetener, any type of stevia sweetener.

LighterLife extras** – unlimited Fibre Mix, Mousse Mix and Raspberry Jelly***

... And all this for around 600-800 kcal. Independent expert research shows ordinary food diets under 1000 kcal simply can't supply all the vitamins and minerals required for good health on a daily basis, but you're getting everything you need with LighterLife.

†Plus...

Enjoy ***LighterLife Savoury Broth** – a hearty, warming drink for any time of day

And enjoy an occasional packet of **NEW LighterLife Popped Chips††** in 4 savoury flavours: BBQ, Cheese and Onion, Sweet Chilli, Salt and Vinegar flavours (maximum 1 a day).

Everything else is completely off limits, including:

Any other food – not even a slice of lemon in your water

Alcohol

Herbal teas made from fruit

Any other drinks – so no diet drinks or shop-bought flavoured water

Chewing gum

Spoonable sweeteners (except for stevia)

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

Amazing FREE virtual mindfulness sessions and your own experienced Mentor.

PLUS

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

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



**Meal replacement bars: Chocolate Raisin, Chocolate Hazelnut. Meal-replacement FastPots: Fragrant Thai Noodles, Creamy Chicken Noodles.

***Contain gelatine, so they're unsuitable for vegetarians.

††This may bring some people out of ketosis.