

WEEK 4

Your TotalFast Plan Meal Planner

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

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

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

! 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)

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.



LighterLife®

**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.