

7 DAY MIXED MEAL PLANNER

Slimfast.

Start today - to make it easy, here's a week of meals all planned out for you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Summer Strawberry Powder Shake 	Summer Berry Meal Bar 	Chocolate Peanut Meal Bar 	Chocolate Crunch Meal Bar 	Chunky Chocolate Flavour Shake 	Café Latte Flavour Shake 	
SNACK	1 Apple 	Barbecue Flavour Tortillas 	1 Pear 	Sour Cream & Chive Flavour Pretzels 	1 Banana 	Chicken Tikka Masala Noodle Box 	2 Satsumas 
LUNCH	Chocolate Crunch Meal Bar 	Choca Mocca Flavour Shake 	Summer Strawberry Flavour Shake 	Blissful Banana Flavour Shake 	Summer Berry Meal Bar 	Chocolate Peanut Meal Bar 	Simply Vanilla Powder Shake 
SNACK	Spicy Thai Noodle Box 	Celery Sticks 	Chocolate Caramel Treat Snack Bar 	Cucumber Sticks 	Sour Cream & Chive Flavour Pretzels 	1 Small bunch of grapes (100g) 	Spaghetti Bolognese Noodle Box 
EVENING MEAL							Chocolate Crunch Meal Bar 
SNACK	Chocolate Nutty Nougat Snack Bar 	Heavenly Chocolate Delight Snack Bar 	Cheddar Flavour Bites 	Heavenly Chocolate Delight Snack Bar 	Chocolate Caramel Treat Snack Bar 	Barbecue Flavour Tortillas 	Cheddar Flavour Bites 