

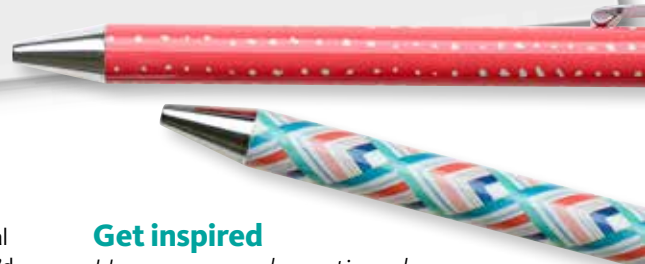


DESIGN YOUR WEEK

My Meal Planner



	BREAKFASTS	LUNCHES	DINNERS	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Colour code it

The secret to making this meal plan work best for your weight loss is to use the principles of Food Optimising as your framework. If you're using Slimming World recipes from the magazine and members' website, and ideas from your Food Optimising book, they'll already be based around slimming-friendly Free Food. When you're putting them together across a day, it's just about checking that you've got in all your Healthy Extras, enough Speed Food to fill a third of each plate, where it makes sense, and that you've planned in your Syns. One easy way to do this is to jot those down under each meal header in different coloured pens. So, if you were

going to have muesli with fat-free natural yogurt and raspberries for breakfast, you'd write down your Healthy Extra muesli in one colour, your Free yogurt in another, and Speed Food raspberries in another.

Get inspired

Use our seven-day eating plan on page 26 as a starting point for your own – pick a few breakfasts, lunches and dinners that most appeal, then slot in your own ideas around them.

Think big!

Do you need more space to write? Draw out this planner as big as you need. Or go to slimmingworld.co.uk/magazine and scroll down to find the printable PDF. You could put sticky notes over each day, moving them until you're happy with your week of delicious meals! ●

	BREAKFASTS	LUNCHES	DINNERS
Monday	Muesli, yogurt, raspberries	Chicken caesars salad	Salmon, new potatoes & bruschetta
Tuesday	Gran flakea with milk, apple & banana	Tuna, hard-boiled egg & salad	Pasta with peppers, carrot, tomatoes, courgettes & mushrooms
Wednesday	Bacon roll with tomato	Butternut squash soup	Cabbage, bean sprouts, peppers with dressing & noodles
Thursday	Gran flakea with milk, apple & banana	Jacket potato, baked beans, salad, cheese	Lean mince burger in a bun with chips & salad
Friday	Muesli, yogurt	Cheese, mushroom & onion omelette	Chicken spinach & mushroom