



Your Daily Menu Planner & Food Diary

When preparing your meals, always have the portion size as recommended on your plan. Remember the Slimtone motto - FAILING TO PLAN IS PLANNING TO FAIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MILK & FRUIT ALLOWANCE	200 Calories	200 Calories	200 Calories	200 Calories	200 Calories	200 Calories	200 Calories
WATER							
BREAKFAST 200 CALS							
LIGHT MEAL 300 CALS							
MAIN MEAL 300 CALS							
SNACKS 250 CALS							

Your Slimtone Lifestyle Plan is balanced for Healthy Eating and includes approximately 30g Fat daily for females and 40g Fat for males.

For inspirational success stories, delicious recipes and calories guides, visit us at www.slimtone.co.uk

Do you have any ideas you feel might add to the Slimtone Lifestyle Plan? Please contact marie@slimtone.co.uk or telephone 01656 870339.