



# 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
<b>MILK &amp; FRUIT ALLOWANCE</b>	200 Calories	200 Calories	200 Calories	200 Calories	200 Calories	200 Calories	200 Calories
<b>WATER</b>							
<b>BREAKFAST 200 CALS</b>							
<b>LIGHT MEAL 300 CALS</b>							
<b>MAIN MEAL 300 CALS</b>							
<b>SNACKS 250 CALS</b>							

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](http://www.slimtone.co.uk)

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