

Daily Meal Planner

Follow this nutritious daily meal plan based on great tasting meal replacements along with healthy fresh food choices for optimum success whilst on your Kate Morgan Weight Loss Program.

<i>MEAL</i>	<i>CONTENT</i>
Breakfast	1 Kate Morgan Meal Replacement Formula (Shake, Crème or Bar)
Morning Tea	1 Piece of Fruit (refer allowed list)
Lunch	1 Kate Morgan Meal Replacement Formula (Shake, Crème or Bar) 1 serve of Salad or Vegetables (refer allowed list) optional
Afternoon Tea	1 Piece of Fruit (refer allowed list)
Dinner	1 Serve of Protein (refer allowed list) AND 3 Cups of Vegetables or Salad (refer allowed list). Approved Sauces, Condiments, etc. (optional)
Snack	1 per day (refer list)
Extras	To be eaten at any time (refer list)
Recommended Supplements	Fibre, Multivitamins, Chromium
Water	Minimum of 8 glasses per day

Refer to the Kate Morgan Food Guide for all of the information you need to understand and create your own evening meals. There are also a wide variety of recipes in the Kate Morgan Recipe book.