



YOUR 70/30 WEEKLY PLANNER

70 **30**
WEIGHT LOSS / REFRESHED

START BY PLANNING YOUR 'RELAXED' DAYS (10 MEAL OCCASIONS MAKE UP YOUR 30%), THEN POP IN YOUR FAVE LOW-CAL RECIPES OR YOUFOODZ MEALS. (ABOUT 25 HEALTHY YOUFOODZ MEALS & SNACKS MAKE UP YOUR 70% EACH WEEK.)

**70% CLEAN,
HEALTHY MEALS**

**30% FREEDOM TO
EAT WHAT YOU WANT**

**100% HAPPIER,
HEALTHIER YOU!**

LOW CALORIE, PORTION-CONTROLLED,
HEALTHY EATING THAT SUPPORTS
SUSTAINABLE WEIGHT LOSS.*

TOP TIPS

Youfoodz says 'relax'!
Keep your weekends free
for 'you' time.

Grab your fresh ingredients
at a YF stockist & get cooking
with one of our healthy DIY
recipes online!

Keep the hangry at bay by
adding deliciously healthy
YF snacks to your planner.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

THE WEIGHT IS OVER

*INDIVIDUAL WEIGHT LOSS RESULTS MAY VARY