

WEEKLY PLANNER



Clean
Mixes.

HINTS & TIPS

Planning our food and exercise can help us achieve our goals as it makes it easy!

Good food, movement, sleep and hydration = happy bodies!

Having easy to reach snacks are key to ensure we don't reach for 'unhealthy' options.

Try making your Clean Mixes into a slice, or adding protein powder for a variation.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Morning Tea (e.g. Clean Mixes, Fruit)							
Lunch							
Afternoon Tea (e.g. Clean Mixes, Greek Yoghurt)							
Dinner							
Supper (e.g Clean Mixes)							
Exercise (e.g 30 mins)							
My Intention for the week (remind yourself!)							