



Shopping List Days 12-28

Well done for getting this far. No doubt you have witnessed some amazing changes over the last 21 days.

The next 7 days are the most important so far. The next 7 days are where you become independent and take control of your diet for the rest of your life.

You know the formula, all you need now are the tools to be organised.

Sit down now and plan your week. Follow the simple formula and this change will be yours forever.

Good luck!