



### Lifestyle Guidance Plan is more of a healthy lifestyle approach and guide to weight management (Step 4 - 1200kcal to 2500 kcal)

This guidance is aimed at those who have reached their optimum target weight using our Rapid Burn, Social or New You weight loss plans, or those who are unable to follow a weight loss plan providing less than 1200 daily calories. This may be due to health, medication, present weight and BMI measurement or preference.

If you have followed one of our diet plans below for weight loss, we suggest you step up to the next phase for a minimum of one week to begin the process of weight stabilisation and weight management. This is a controlled increase of calories and food groups to establish good portion size and gradually returning to conventional eating.

1. **Step One** - Rapid Burn Plan (Approximately 600kcal)
2. **Step Two** - Social Plan (Approximately 800kcal)
3. **Step Three** - New You Plan (Approximately 1000kcal)
4. **Step Four** - Lifestyle Plan (Approximately 1200 - 2500kcal)

**Following the KeeDiet Lifestyle Plan** you will require just one of our products daily, alongside other healthy foods. You may select products from our HP Slimmer's Range or VLCD Total Range; both are packed with premium protein to satisfy your hunger and are low carbohydrate to control your cravings.

Founded in 2008 The KeeDiet has now helped thousands of client's lose weight and maintain their optimum weight. We understand that the weight management phase can be daunting and difficult, especially if followed a VLCD plan for weigh loss. Weight Management is a lifestyle change and ongoing and as your diet consultant we will be with you every step of the way to advise and offer support.

Our website 'Lifestyle Page' has already covered BMR (Basal Metabolic Rate), so you should now have your personal weight management target figure to work towards over the few next weeks. With our help you will gradually raise your calories with healthy foods, establish good portion sizes and learn to identify how to make the right choices.

After a VLCD some people notice they do not tolerate certain starchy foods or purposely do not want to re-introduce them, especially once broken free of the 'Carb Addiction'. If you choose to introduce and notice a change when you've added new foods and are not feeling as well, then just choose to leave those foods out. There are plenty of options and none of the foods on our Lifestyle Guidance Plan are compulsory. We do however suggest that you try to introduce new foods and a variety, ones that you possibly didn't like before. Whilst following a VLCD or controlled weight loss plan your taste buds may have changed and it is a great opportunity to re-train your taste buds for a variety of healthy foods.





## Change your Lifestyle & Keep it off forever

**There are 4 general routes considered for successful Weight Management, increased exercise and movement is a recommendation for all paths and will be touched on later.....**

1. Feedback from our clients suggests that continuing to use one of our Foodpacks or Snacks daily is helpful mentally and physically making weight management easier. Add a daily foodpack from either our VLCD Total Range or HP Slimmer's Range as a daily snack, or as an addition to any daily meal.
2. Continue to use one VLCD Total foodpack to replace any daily meal, which is reported to give past dieters an element of continued mental control.
3. Follow a 5:2 Intermittent Fasting Diet. Well-known since its endorsement by Dr Michael Mosely, our clients often recommend this plan as a successful form of weight management. Two days each week you continue to fast, consuming approximately 600kcal, the remaining five days you eat healthy foods and shouldn't need to count calories. You may use healthy conventional foods for your two fasting days or four KeeDiet VLCD Total meal replacements which our clients have reported is so much easier. There are now plenty of 5:2 books on the market to help and provide menus and increased understanding.
4. Learn from the process of a VLCD (Very Low Calorie Diet), take advantage of the detoxing effect experienced and your natural reduced appetite. Choose to consume a variety of healthy foods from all major groups. Create rules and guides that you are able to introduce into your life.

Successful weight management is about self-monitoring and checking yourself every now and again. Bad habits can creep back up on you again, but you should now have the tools to identify and deal with them quickly before they settle back into your lifestyle. The essential points of successful weight management are that your meals should contain a protein food and several vegetables and/or fruits, with some controlled carbohydrates on all or some of your meals; these will help satisfy your hunger and provide a balanced diet. Ideally snacks should also include a protein food to satisfy your hunger and not your cravings. Foods high in salt, sugar, fat or refined carbohydrates such as biscuits, sweets, cakes etc. are really wasted calories and have no nutritional benefit for you and therefore best kept to a minimum.

### Getting you Started

**Tip..... Practice portion control to avoid feeling overstuffed while eating six meals per day.**

To get you on the right track, below you will find our Lifestyle Guidance, raising your calories gradually from 1,200 calories to 1,500 calories. Choose to follow each for a minimum of one week, more if required and until you feel confident. Once ladies have reached 1500 daily calories they often find this will maintain their lower weight and are quite happy to continue to use this as their weight management guide. Generally when not actively following a plan you often find that a few extra calories are consumed daily or at weekends which brings you to your actually BMR weight management figure daily or weekly as discussed earlier.

Men naturally require more calories than ladies and therefore need to continue to raise their calorie intake gradually using the 1,500 guidance and tips, incorporating slightly larger portion sizes of healthy foods and more healthy snacks until they reach their BMR weight management figure or are close to it.

You will also find our Food Lists to help you choose and create meal options; Proteins, Starches, Fruits & Vegetables, etc.





## Change your Lifestyle & Keep it off forever

### Lifestyle 1200 Calorie Plan & Guidance

This section will help you design a healthy eating plan with a daily intake of approximately 1200 calories.

Large meals burden the digestive system, often causing bloating and lowered energy while the body struggles to digest them. By eating smaller meals you prevent this, and the body functions more efficiently throughout the day. The regular influx of food, with a little-and-often approach keeps your energy level stable and makes it easier for you to cope with everything you have to do in a day.

Try to space your meals & snacks out evenly throughout the day so that you are eating small and regular meals. The best option is to look at the 1200 lifestyle plan as controlled grazing which allows for three healthy meals and up to three healthy snacks each day.

According to the Medical Research Council's Human Nutrition unit, measurements of fatty acids in the blood also remain stable when you eat little and often. This is good news because peaks and troughs in these have been shown to increase risk of heart disease. Finally, done properly, the little-and-often approach makes it easier to get all the nutrients you need.

### 1200 Calorie Food/ Meal Guidance

#### 1 x KeeDiet foodpack

426ml of skimmed / soya milk / fat free alternative dairy  
Minimum requirement of 2.25L (4 pints) of water

1 x 150 calorie Healthy Breakfast  
1 x Kee Light Protein Meal & Kee Side Salad/Vegetable Meal  
1 x Kee Main Protein Meal & Kee Side Salad/Vegetable Meal  
1 x 100 calorie Starch Portion to add to one meal  
3 x 50 calorie Fruit Portion  
*Oriental Chicken Salad*



#### Optional Extra's

Exchange one foodpack for a mealbar or wafer  
Limited black tea or coffee  
Sweeteners if required  
Sugar Free Squash/water flavourings/carbonated sugar free drinks  
Add fresh or dried herbs & spices  
Up to 3 x 1tbs fat free / 1% virtually fat free dressing  
Healthy Oils to cook or flavour meals/vegetables  
1 x Daily Time Release Vitamin & Mineral Supplement



*Spinach, Feta Cheese & Pine Nut Salad*

*“You have three meals to make yourself each day, breakfast, lunch & evening meal, plus some healthy snacks”*



### Using Lifestyle 1500 Calorie Plan / Meal Guidance for Preparation & Stepping Down

For those who are unable to either use or start on their preferred plan, it may be necessary to step down plans. With your Doctors consent and support you can use our plans as steps down, gradually reducing your calories. After completing Lifestyle 1500, you may keep stepping down with your Doctor's advice. Lifestyle 1200 would then become your first step down to a lower calorie plan, the New You Plan would be your next etc.

For some clients and again with your Doctors consent you can use our Lifestyle 1500 Guidance for a gentle weight loss. **Lifestyle 1500 calories is also a stand-alone weight loss plan**



**Warnings:** Consult your doctor before altering your diet to six meals a day, especially if you have diabetes.

Here is some good guidance of how to set up your day and using Lifestyle 1500 Plan and for continued weight management. We also show how you may wish to include your one daily KeeDiet Product on this plan.

- **Step 1** - Eat a protein-rich breakfast that includes fiber as well as fruits and vegetables. Because you will be eating another small meal in the late morning, avoid overeating and keep your first meal of the day as light as possible. Try eating one of our VLCD Total classic porridge or conventional oatmeal with bananas, strawberries and nuts on top, or a breakfast burrito with black beans, egg whites and a variety of fruits and vegetables.
- **Step 2** - Eat a small second breakfast, more like a mid-morning snack, approximately three hours after your first meal. Using a lean protein source like yoghurt, add fruits like blueberries and stir in wheat germ or sunflower seeds to create a balanced meal. One of our Meal Bars could come in handy here and be your daily required product
- **Step 3** - Provide your body with a nourishing lunch, like sliced, skinless chicken breast on whole-wheat bread with lettuce, tomato and avocado. Avoid eating salty snacks like chips and popcorn, which are high in saturated fat and will raise your calorie count for the day significantly.
- **Step 4** - Snack on a small, high-protein meal that's packed with vegetables about three hours after lunch. Eat a small salad topped with nuts or seeds, or a handful of vegetables like celery, carrots and broccoli dipped in nonfat Italian dressing. Our products are a great snack for weight management and control sugars, calories and carbohydrate levels.
- **Step 5** - Eat a balanced, small dinner that is full of vitamins. For example, steamed salmon, brown rice and broccoli and add a small amount of olive oil and fresh-squeezed lemon juice as a dressing. Avoid overeating during dinner, as you will still get to eat a small snack after dinner.
- **Step 6** - Satisfy your sweet tooth with a nutritious dessert. Freeze fruit, like strawberries, bananas and blueberries, and mix them into a smoothie, add them to one of our shakes or eat them as-is for a satisfying, cold treat.



## Change your Lifestyle & Keep it off forever

### Lifestyle 1500 Calorie Plan / Meal Guidance

If you have completed Lifestyle 1200 Plan for weight stabilisation and are ready to move one step up to weight management. We recommend you follow our Lifestyle 1500 Plan for a minimum of one week, once you feel confident to continue with weight management using all the tools you have learnt through your weight loss, weight stabilisation and weight management phase using KeeDiet foodpacks is a choice and not a necessity.

Now you have lost weight, you won't want to slip back into old habits. You probably know what your weaknesses are and hopefully the gradual re-introduction back to conventional eating and all the benefits of low carbohydrate, VLCD, low gi/gl foods and decreased appetite are there for you to take advantage of. Work hard to avoid situations where you may be tempted and plan things to do to avoid temptation, know your limits.

Planning ahead is one of the most successful keys to successful weight management. By thinking through your day and planning your meals and snacks, writing shopping lists in advance you will remain in control of what you eat, and will not be tempted with impulsive purchases or grab foods.

#### 1 x KeeDiet foodpack

426ml of skimmed / soya milk / fat free alternative dairy  
Minimum requirement of 2.25L (4 pints) of water

- 1 x 200 calorie Healthy Breakfast
- 1 x Kee Light Protein Meal & Kee Side Salad/Vegetable Meal
- 1 x Kee Main Protein Meal & Kee Side Salad/Vegetable Meal
- 1 x 150 calorie Starch Portion to add to one meal
- 3 x 50 calorie Fruit Portion
- 1 x 150 calorie dessert or starch portion
- 1 x 80-100 calorie healthy snack



*Quinoa salad is packed with a bunch of good stuff*

#### Optional Extra's

- Exchange one foodpack for a mealbar or wafer
- Limited black tea or coffee
- Sweeteners if required
- Sugar Free Squash/water flavourings/carbonated sugar free drinks
- Add fresh or dried herbs & spices to meal packs and permitted foods (excludes salt)
- Add 1tbs fat free / 1% virtually fat free dressing
- \*3 x Weekly add healthy fats using 1tbs of nuts/seeds or add nut/seed oil to your permitted salad/
- 1 x Daily Time Release Vitamin & Mineral Supplement



*Italian-inspired eggs Florentine*

*Planning ahead and being in control is a tool that should be incorporated into your new eating regime, it will then soon become habit!*



## Food & Portion Guidance for Lifestyle 1200 & Lifestyle 1500

The average human body is made up of 60% water, 17% Protein, 17% fat and only 5% carbohydrate.

### Protein

A healthy adult is estimated to need around 40 to 65 grams of amino acids (proteins) per day, it is generally considered men, taller ladies and those who exercise require the higher. Our High Protein range provides approximately 18g high quality protein per meal, whilst our VLCD Total Range provides approximately 12g of premium protein.



Proteins are the building blocks of life. The body needs protein to repair and maintain itself, they are involved in just about every function in your body. The better quality the protein the more it keeps you satisfied for longer and ensures that lean tissue & muscle are protected. Muscle requires energy (calories) even when at rest, and during and after exercise this demand is increased. Including more protein in a balanced diet whilst reducing carbohydrates and fats means that the weight that is lost is primarily in the form of body fat.

Research has proven that the thermic effect of premium protein is the highest of all the macronutrients, requiring about 30% of the calories it contains, just for digestion and processing. An added bonus is that lean protein foods suppress your appetite!

Recommended Protein Choices Uncooked Weight Skin Removed + Vegetables /Salad	Light Lunch 150kcal	Main Meal 250kcal
Chicken/Turkey/Pork/Lean Ham	120g	175g
White Fish	190g	275g
Steamed Tofu	225g	275g
Tin Tuna (Spring Water)	180g	260g
Quorn Mince /Pieces	175g	275g
Tuna Steak	190g	190g
Pre Cooked Prawns	145g	250g
2% Fat Free Cottage Cheese	170g	325g
Beans including: Soya Beans, Lentils, Chickpeas, Black Eye Beans, Aduki Beans, Pease Pudding, Haricot, Butter, Baked in reduced sugar/salt	60g	95g
Eggs	2 Med	2 Large

Because the carb content of meat and fish is minimal, these foods have a low-GI value with minimal effect on blood glucose levels. Indeed the fatter the meat, the lower the GI rating. However, since meat is a main source of saturated fat, which is a cause of atherosclerotic heart disease, the leaner the meat the better for health. By contrast, fish (especially oily fish) and game meats are healthier options. Fish in particular is an important food option in any weight management plan. Once you have completed our Lifestyle 1500 you may wish to include more choice, beef, Steak, Venison to name a few, increasing your choice and return to conventional eating.



Change your Lifestyle & Keep it off forever

## Vegetable & Salad Guidance - Lifestyle 1200 & Lifestyle 1500

Use our measurement guide below to choose a variety of vegetables to accompany your meals or for healthy snacks. Each meal add 200g in Total – 50 to 80 Calories - 2 Cups - 2 Pinches



Vegetables should be eaten every day; you simply cannot find another food group that is as perfectly matched to our everyday human needs as vegetables!

To begin with, vegetables as a group are so low in calories that it is very difficult to gain weight even if you overeat on them. Dietary fibre is critical for our health, food cannot move through our digestive tract in a healthy way unless it is fibre-rich and vegetables are some of the very richest sources of fibre that exist.

Phytonutrients are also the nutrients most closely linked to prevention of certain diseases and there is no food group that provides them in amounts as plentiful as vegetables. Vegetables like broccoli, and root vegetables like onions and garlic are unique when it comes to a decreased risk of certain cancers, and some of these nutrients simply cannot be found in other food groups.



Food Description & Portion Guidance	Approx (g) serving
Ackee, canned drained Artichokes (globe/hearts)	80
*Asparagus (4 spears)	100
*Aubergine ½ medium	80
*Avocado ½ per day	70
Bamboo Shoots 1 small can	80
Bean Sprouts 4 tlbsp	80
Broccoli 2 spears	80
*Brussels Sprouts x 8	80
Cabbage & Kale 4 tlbsp cooked	80
*Carrots 2 tlbsp cooked or 1 med raw	80
Cauliflower 8 small florets	80
Celery 2 stalks	80
Chicory/Endives ½ head	80
Chilli, any type, 3 medium	40
Courgette / Zucchini 1 small / ½ large	80
Cucumber 4cm piece	80
Fennel ¼ bulb	80
Gherkins, pickled 3 medium or large	75
*Green/ French Beans 3 tlbsp sliced	80
Kohlrabi 2 tlbsp diced/sliced	80
Leeks ½ medium stem	80
Lettuce any type	80
Mange tout, ½ supermarket tray	80
Marrow 2 cm diameter slice	80
Mushrooms any type 8 med closed cups	80
Mustard Greens 1 punnet	80
Okra, raw 16 medium	80
Olives, black or green in brine approx. 10	30
*Onions / Shallots / Spring (Red/White)	30
Pak Choi, raw 7 leaves	100
Peppers any colour ½ medium	80
Red Radishes 10	80
Red Cabbage, unsweetened & pickled	80
Rhubarb cooked unsweetened 1 cup	80
Sauerkraut 2 tlbsp	80
Seaweed 5 tlbsp / 1 cup	100
Spinach	80
Squash Butternut ½ cup diced	60
*Swede 2 tlbsp diced/sliced	80
*Sweetcorn baby or cobs	80
Tomato 1 med / 5 cherry	100
Tomatoes chopped canned ¼ can	100
*Turnip 2tlbsp diced /sliced	80
Vine Leaves, in brine (unstuffed)	80
*Water chestnuts, 4 whole	80
Watercress	80

\* Vegetables or Salad with a higher sugar/carbohydrate content and generally a higher gi/gl index



## Carbohydrate (Starch) Guidance Lifestyle 1200 & Lifestyle 1500



### 100kcal - Uncooked Weight

100g Baked Potato (skin included)  
200g New Potato  
150g Sweet Potato / Taro  
100g Parsnips

30g Brown/Basmati Rice, Couscous or Wholemeal Pasta, Pearl Barley, Buckwheat & Bean Noodles

2 x Dark Ryvita /High Fibre Crisp breads/ Oatcakes

1 x Mini Wholemeal Pitta, Chapatti  
1 x Slice / ½ Roll - Granary Bread, Seeded Bread, Stoneground, Wholemeal, Rye, Burgen Bread, Malt Loaf, Fruit Loaf

The foods in this group are referred to as "starchy foods". Starchy foods are a source of complex carbohydrates, fibre, B vitamins. They may also provide calcium, iron, copper and Vitamin E.

The result of leaving skins on starchy foods is the starchy content can be encased in protein or fibre that must be digested before the starch itself becomes available for digestion. This slows down the absorption of the individual sugar units from the starch, and provides extended, sustained energy for a longer-term moderate rise in blood sugar after your meal.

For many clients who have completed our programmes we often hear that bread is their trigger food. Bread can be a high carb, energy deficient food if you make the wrong choice. Whilst making the correct choice you should still be able to enjoy without your insulin levels rising dramatically.

If choosing bread for your starch portion, it can be quite confusing, which is best. For example certain types of ethnic and speciality breads such as Naan bread and Focaccia have a higher fat content, whilst Granary, Seeded and Wholemeal are the best choice.

When we think of root vegetables, we often think of potatoes, these are very high in starch, and have a high glycemic index (the only vegetable with a higher one is parsnips). This is another way of saying that the carbohydrate in potatoes is rapidly turned into sugar and absorbed into the blood. However, many root vegetables can be substituted for potatoes.

Remember when taking check of your carbohydrates, the net carbs received is minus fibre included. For example a slice of bread with 14g Carbs and 1.5g Fibre = 12.5g carbs to count. Also the higher protein content the more satisfying the bread will be. Hopefully armed with this information you can select the bread that is best suited to your lifestyle for continued good health.



Sweet Potatoes



### Fruit Guidance Lifestyle 1200 & Lifestyle 1500

Different fruits provide different health advantages, for example, some contain more dietary fibre, and others are rich in carotenoids, the chemicals that give fruit their colour and are often antioxidants. It is therefore suggested that you use a variety of fruit on your plan and for weight management.

For your snack portions it is a good healthy eating tip to try. For example, melon & ham, fruit & nuts, egg & toast, cottage cheese, strawberries on crisp breads. Combining foods containing carbohydrates with a protein food will help control your blood sugar and appetite.

Apple	-	1 x Medium	<b>Approximately</b> 100g	<b>47 calories</b>
Apricot	-	4 x Dried	32g	60
Banana	-	Half large	60g	57
Grapefruit	-	Half Medium	80g	24
Grapes	-	Small bunch	100g	60
Kiwi Fruit	-	1 Fruit	60g	29
Mango	-	Slice	40g	23
Orange	-	1 x Medium	160g	59
Peach	-	1 x Large	110g	36
Pear	-	1 Fruit	160g	64
Plum	-	3 x Medium	165g	59
Raspberries	-	Fruit Portion	100g	25kcal
Strawberries	-	Fruit Portion	100g	27

### Fresh v Canned

There are a few standby rules that people often consider when choosing healthy fruits. Any fresh fruit tends to be superior to canned fruit, which is often packed in sugar syrup. Even when packed in natural juices, canned fruit is often peeled, which results in a less-healthy serving. If using canned fruit ensure it is canned in its own juices.

Any kind of fruit is healthier than no fruit, so our list of fruit is for guidance. If your favourite is not there, check it out and likely it's a healthy option.





## Change your Lifestyle & Keep it off forever

### Exercise for Weight Management

You have proved that you can lose weight, now you can use exercise to help you maintain your weight long term. Apart from helping you to maintain your new lower weight and slimmer figure, exercise can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke and some cancers.

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression dementia and Alzheimer's disease. As a general rule, for exercise to be effective you need to get a little warm and sweaty and a bit out of breath for approximately 30 minutes or more, five days a week. The good news is that 30 minutes doesn't have to be in one go!



### Recommended physical activity levels

- Children under 5 should do 180 minutes every day
- Young people (5-18) should do 60 minutes every day
- Adults (19-64) should do 150 minutes every week
- Older adults (65 and over) should do 150 minutes every week

### Exercise Ideas?

- Try something new. If you're not sure what activities you'd like, shop around or just have a go
- For busy mums, try to set a time for physical activity and stick to it. You're more likely to find time to be active if you do it at the same time and on the same days each week
- Take up running. Running is an effective and straightforward way of exercising.
- Walk over to someone's desk at work rather than calling them on the phone.
- Take the stairs instead of the lift, or get out of the lift a few floors early then use the stairs.
- Walk up escalators rather than standing still.
- Set up a buggy group with other mums and go on long walks with the children.
- Get into shape with a five-week exercise plan to increase your strength and flexibility.
- Walk more brisk or fast: go with friends, get a buggy group of mums, join a walking group, in your lunch break, walk to school, to visit friends, to the shops. For the average adult aim to do 10,000 steps a day
- Get your mates involved. You're more likely to keep active if you have fun and other people to enjoy yourself with.
- Senior sports or fitness classes keep you motivated and can be fun, relieve stress and help you meet friends.
- Go to the gym or a local community centre where you can exercise.
- For older adults even heavy gardening, including pushing, bending, squatting, carrying, digging and shoveling, can provide a good workout.
- If you don't want to exercise outside on your own, buddy up with a friend or use an exercise DVD..
- Dance in front of the TV or play some CDs. All you need are some great tunes and you can have fun dancing anywhere and burn calories at the same time.
- Do some house chores. Although light tasks such as taking out the rubbish won't raise your heart rate, some heavy gardening or washing the car will count towards your daily activity target