

KeeDiet Fast Fix Plan

There are not many diets that focus on curing or preventing illnesses. However, since the Newcastle University started their Research into diet, VLCD (Very Low Calorie Diet) and Diabetes in 2011, KeeDiet have followed their findings with interest.

Since their results have been published the VLCD approach has been adopted by the NHS. Interest has grown with the realisation that a VLCD has the potential, for some to reverse Type 2 Diabetes.

In the experiment people followed a calorie restriction phase for 8 weeks with great documented type 2 diabetes reversal and weight loss results.

As this particular plan was devised by Newcastle University our aim is to provide an overview of information and suitable Meal Replacement products. To make this an easy plan to follow we have created a 4 or 8 Week Fast Fix Diet Box.

The Diet Basics This leaflet provides a handy overview of our Fast Fix (VLCD) Diet Plan. Please see our website for further details including a daily guide on how to follow.

- **KeeDiet Fast Fix Plan - 3 Daily Products mixed with milk + 3 portions, 250g of mixed vegetables/salad (200calories)**
- ✓ Doctor's agreement and support is required for this plan.
- ✓ Suitable for Men & Women with a BMI 27-40
- ✓ Mix products with all or unsweetened soy milk to bring each product to 200 calories.
- ✓ Include 3 to 4 daily portions of vegetables/salad (250g/200 calories)
- ✓ As a minimum sip 2.25 litres of water daily. Tap, Bottled, Sparkling.
- ✓ Enjoy our Meal Replacement Shakes, Porridge, Soups and Meals
- ✓ Optional, add a daily fibre supplement (e.g.: KeeDiet Water Flavouring)
- ✓ Optional items available

Salad/Vegetable Allowance – Consume 3-4 portions of vegetables each day. This can be vegetable meals, soups, salads, stir fry, steam or roasted. Try to avoid boiling if possible as nutrient values decrease.

A portion of vegetables is approximately 80g (a good handful, more for leaves). Below is an example of good choices.

Green Leafy Veg (at Least 1 Portion per day)

Cabbage, Spinach, Kale, Broccoli, Pak Choi, Kohlrabi, Lettuce and other salad leaves, Collard Greens

Other Vegetables (2-3 Portions per day)

Artichoke, Asparagus, Aubergine, Bean Sprouts, Brussel Sprouts, Carrots & Squash, Cauliflower, Celery, Celeriac, Courgette, Cucumber, Fennel, Green Beans, Leeks, Lettuce, Mushrooms, Okra, Onions/Shallots/Spring Onion, Peas/Sugar/Snap, Peppers, Radish, Tomatoes Fresh/Tin, Water Chestnuts

Type 2 Diabetes can cause some heavy damage if left unchecked. Substantial weight loss can provide some people diagnosed with Type 2 Diabetes a way of normalising their glucose levels and reversing its effects.

However, this is not guaranteed for everyone and a Meal Replacement Plan may not reverse Type 2 Diabetes or be suitable for everyone.



If you are considering a dramatic weight loss with Meal Replacements you should consult your Doctor prior to starting. This is even more important if you do have a medical condition or are taking prescribed medication. Your Doctor should then regularly monitor your progress and health throughout the weight loss phase.

VLCD Possible Side Effects

When following a VLCD you may experience some side effects, both in the early stages and as you progress through the weeks. If ever concerned you should stop the diet immediately and visit your doctor.

Headache, fatigue, muscle weakness, dizziness, constipation or diarrhea, dry skin, weak nails, hair loss, change in body temperature and feeling cold, change in menstrual cycle.

Many of these can be decreased by ensuring you consume sufficient water and include some healthy oils from nut/seed oil. This can be taken in tablet form, foods or added oil, for further information see details on our web store. However, if symptoms continue, halt your plan and seek medical advice.



Herbs, Spices & Flavouring List:

Basil, Chilli Powder, Coriander, Sage, Balsamic Vinegar, Tarragon, Lemon/Lime Juice, Cinnamon, Ginger, Harissa Paste, Thyme, Dried Chillies, Parsley, Rosemary, Turmeric, Soy Sauce, Cumin, Black Pepper, Oregano, Curry Powder, Garlic, Malt Vinegar, Peri Peri Seasoning, Chinese Five-Spice.

Dressings, Fats & Oils (Max 1 Portion per day): 1 teaspoon of Olive Oil, Salad Dressing, Mayonnaise, Coconut Oil, Butter or Rapeseed Oil.

AVOID LIST

Any high Sugar/Carb foods, Potato, Sweet Potato, Yam, Parsnips, Avocado, Olives, Sweetcorn. Prepared Coleslaws, Dips, and Salads with dressings. Nuts, Seeds, Pulses, Fruit, Meats, Fish, Protein Foods, Alcohol, Sugar & Sugar Drinks.

Quick, Safe & Responsible Slimming

- ✓ All clients should consult their Doctor for approval, support and monitoring before starting any weight loss plan. This is particularly important for any person with a medical condition or using prescribed medication.
- ✓ Visit your Doctor or Health Professional every 4 weeks to request a blood pressure check, monitoring and support.
- ✓ Exercise should be limited due to the minimal calorie intake and a period of approximately 2-3 weeks allowed to settle into your plan. Consider light toning exercise, yoga, walking, or toning exercise. High impact training should be avoided.
- ✓ All daily required products should be consumed. Each Product contains essential nutrients. By skipping a product you can slow weight loss, affect your health, become tired, lack concentration and feel generally unwell.



- ✓ Use KeeDiet online Meal Planner in our clients Weight Loss Centre to track your food intake, calories, carbohydrates, protein and weight loss.
- ✓ Drinking sufficient water is imperative and 2.25 litres each day is recommended as a minimum. This is extra to the water required to mix your products and should be sipped throughout the day in small quantities. Drinking large volumes of water at one time can cause serious health problems or death in extreme circumstances.
- ✓ The KeeDiet comply with the guidelines set down by the (NICE) National Institute of Health & Excellence. With a health professional's approval & support you can follow this plan for a maximum of 12 consecutive weeks.
- ✓ Consuming alcohol is not advised whilst following a VLCD Plan which is low in calories and restricts sugar and carbohydrates. As sufficiently low in energy (sugar) your health and weight may be affected.

To consider... You can use up to 100ml of milk (skimmed or semi skimmed for tea / coffee throughout the day)

No alcohol is to be consumed whilst following this plan. Limited Tea (fruit/leaf) or coffee is allowed, decaffeinated is the preferred choice.

Nothing else should be eaten during the weight loss phase. The required three KeeDiet® Meal Packs (mixed with milk) and salad/vegetables replace all conventional meals.

This weight loss diet is an eight week very low calorie diet (VLCD - providing approximately 800 daily calories) that has been scientifically shown to reverse the underlying cause of Type 2 Diabetes in many people.

What you can expect... After approximately 3 days (72 hours) your body will begin to use stored fat for the majority of its energy rather than receiving energy from consumed foods. Importantly the first fat stores to be used are those in the wrong place; inside the organs.

It may take a few days to adapt to the new fat burning regime and acclimatize to the decrease in calories, sugars and carbohydrates. You may even find the diet difficult whilst transitioning. This is when you do need to be really determined and stick to your plan guidelines.

After a significant weight loss (10kg/22lb) it is very likely that your blood glucose levels will be very normal or normal and the new challenge is either to continue with weight loss or maintain this new lower weight. See our website for further details and advice – Weight Management / 5:2 Intermittent Fasting Plan

The KeeDiet® Store

Very Low Calorie Diet Weight Loss Solution

800+ Calorie Fast Fix Diet Plan
Low Carbohydrate & High Protein Weight Loss

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