

KeeDiet® Man Plan Solution

The KeeDiet® Man Plan provides the perfect diet for those who want to keep it simple, whilst experiencing an accelerated fat & weight loss!

You don't have to be a man; anyone can use The KeeDiet® Man plan. Determination is required, but there are no meals to prepare, no weighing foods or counting calories. This allows you to step away from your normal eating habits, drop weight fast, whilst working towards your goal weight.

Our Man Plan is classified as Very Low Calorie Diet (VLCD) and following will promote a Ketogenic condition which often creates a reduction in hunger and cravings and a sense of euphoria and wellbeing, plus of course a FAST fat and weight loss.

We use a high-quality protein in our products to provide you with approximately 4 hours of hunger satisfaction. Nutritionally complete VLCD Total Food Packs also provide a minimum of 25% RDA of essential vitamins & minerals each, so not only will you be losing weight quickly you will also feel well-nourished. Ensure you space out your Meal packs, water and any foods required regularly throughout your day to maintain your blood sugar levels and we recommend only one Meal Bar is consumed daily.

The Diet Basics This leaflet provides a handy overview of our KeeDiet® Man Plan. For full details and more information including a daily example of how to follow please visit our website.

➤ **KeeDiet Man TFR Plan – 4 Daily Products**

Suitable for Men & Women with a BMI 27-40

- ✓ Anyone can use the Man Plan – 5 daily products are a better choice for those with a higher BMI 40+ / 17stone or those with a labour intense job or those on shift work.
- ✓ As a minimum sip 2.25 litres of water daily. Tap, Bottled, Sparkling
- ✓ Enjoy our Meal Replacement Shakes, Porridge, Soups, Meals, Bars. We recommend a maximum of one bar each day.
- ✓ Add a fibre supplement (5g Fibre KeeDiet Water Flavouring)
- ✓ If you feel you need to eat more often, feel a little sluggish or feel tired, simply add a 5th Meal Pack on the occasion or every day. This should help by providing extra energy, protein and raise calories to approximately 750 calories per day.
- ✓ Optional items available

Ketosis Explained

A simple explanation of the process: The carbohydrates you eat are converted to glucose, which is the body's primary source of energy. Whenever your intake of carbohydrates is limited, for a long enough period, you reach a point where your body draws on its alternate energy system, fat stores, for fuel. This means the body burns fat and turns your fat into a source of fuel called ketones. (Ketones are produced whenever body fat is burned.)

When you burn a larger amount of fat than is immediately needed for energy, the excess ketones are discarded in the urine. Being in ketosis means your body has burned a large amount of fat in response to the fact that it didn't have sufficient glucose available for energy needs.

The original BMI calculator is not always a true reflection of one's body fat, especially for men or those more toned and muscular. For example, a male athlete with a larger portion of muscle will weigh more, possibly indicating a higher BMI figure and the need to lose weight. With Men in mind the waist size is a good indication of the need to lose weight and if waist size is more than 94cm (**37 inches**) you have a higher risk of health problems. The same is true for women with a waist measurement of more than 80cm (**31.5 inches**) (*See our website for further information*)

Following NHS and NICE Guidance you may follow the Man Plan for a maximum 12 consecutive weeks and should stop if you reach a BMI 25. Once at your goal weight or BMI 25 we strongly suggest you follow our weight stabilisation plan to control the return to normal eating, lock in your lost weight and return to normal eating for weight management.

If, however, further weight loss is preferred and you wish to continue the Man Plan, you must take a break after 12 weeks, but instead follow our 1-week Total Food Replacement (TFR) Break Plan and ensure you visit your Doctor for a health check and approval before starting another cycle.

VLCD Possible Side Effects

When following a VLCD you may experience some common side effects, both in the early stages and as you progress through the weeks.

Possible side effects of following a VLCD may include headache, fatigue, muscle weakness, dizziness, constipation or diarrhoea, 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



Optional Vegetables

Approx. 50-80kcal / 2 cups / 2 handfuls/ 200g - Low Carb & Low GI/GL Vegetables or Salad. Visit our online Weight Loss Centre for more choice

Asparagus, Bean Sprouts, Broccoli, Cabbage (including pickled), Cauliflower, Celeriac, Celery, Courgette, Cucumber, Fennel, Green Peppers, Green Olives (pickled, canned or bottled), Konjac Plant (Zero Noodles) Kale, Leek, Marrow, Mushroom, Radish, Salad Leaves (inc. Chinese leafy greens, Iceberg, Pak Choi, Rocket, Romaine etc.) Spinach, Small Spring Onions, Sprouts, Watercress. Fresh or Dried herbs and Spices.

Minted Green Bean Salad

- 100g green beans, trimmed
- ½ tbsp nut oil
- 1 garlic cloves, thinly sliced
- 1/4 tbsp Walden Farm balsamic vinegar
- 1/2 tbsp chopped fresh mint



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 day. Each Product contains essential nutrients and 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.



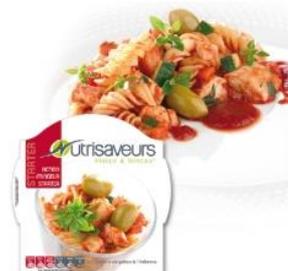
- ✓ The KeeDiet comply with the guidelines set down by the (NICE) National Institute of Health & Excellence. With a health professional's approval & support you can follow this plan for a maximum of 12 consecutive weeks.
- ✓ Drinking sufficient water is imperative 2.25 litres each day is recommended 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 problem or death in extreme circumstances.
- ✓ Under no circumstances should alcohol be consumed whilst following a VLCD Plan which is low in calories and restricts sugar and carbohydrates. When in Ketosis alcohol can be extremely dangerous and in extreme cases even cause death or long term health conditions. If intending to drink alcohol it is imperative that you come off a Ketogenic diet and out of Ketosis, as a minimum we suggest following a healthy eating plan at least 48 hours before drinking alcohol.

Optional Extras to consider... Additional items listed may increase calorie intake however ketosis shouldn't be affected. You may exchange one product each day.

- ✓ Exchange one VLCD Total meal pack for a Meal Replacement Bar or VLCD Bar*
- ✓ Exchange one VLCD Total meal pack for a High Protein Product*
- ✓ Exchange one VLCD Total meal pack for a Keto Active Ready Meal**
- ✓ Sip extra water throughout the day.
- ✓ Add 150ml of light milk. Exchange your milk for a yoghurt
- ✓ Add an additional KeeDiet High Protein Product (100 calorie/less than 5g Carb recommended)
- ✓ Black Tea, Coffee or Herbal Teas, including Leaf, Fruit and Flower (not included as your water requirement)

**If exchanging one Total VLCD meal pack, it is necessary to add a vitamin & mineral supplement to ensure any vitamin & mineral shortfall is covered.*

- ✓ Tablet sweeteners only
- ✓ Up to 200g of mixed vegetable / salad from the permitted list (*approximately 50-80 calories*)
- ✓ Condiments to add flavour & spices: Includes all fresh or dried herbs, for example parsley, pepper, mint, cinnamon, curry powder and even tabasco sauce.
- ✓ 1 tablespoon of Fat Free Dressing (0-1%)
- ✓ Walden Farm Dressings, Sauces, Syrups & Dips
- ✓ Three times each week may add 1tbsp of nuts/seeds or add a little nut/seed oil to meals. A little extra healthy oil is considered prudent to promote healthy skin, hair, nails.
- ✓ Daily Vitamin & Mineral Supplement*



**Keto Active Italian Pasta Ready Meal

Instead of a Meal Pack how about enjoying one of our delicious Keto Active Ready Meals.

Calories, Carbohydrates and Protein are still controlled with our Ready Meals. In fact, in many cases you will consume lower Carbohydrates and more Protein to satisfy your hunger and Ketosis is protected.

The KeeDiet® Store

Very Low Calorie Diet Weight Loss Solution

600 - 750+ Calorie Man Plan

Ketogenic Total Food Replacement Plan

www.thekeediet.co.uk - Telephone: 01255 317121

