

The New You Plan

The KeeDiet® New You Plan is a flexible, calorie and carbohydrate controlled weight loss plan, providing around 1000 daily calories. Suitable for both ladies and men, it's easy to follow and ideal for those wishing to cut back on counting calorie and weight foods by combining meal replacements, conventional healthy meals and fruit snacks for a regular weight loss.

Say goodbye to cravings and hunger and hello to a new lease of life and improved energy levels. Our New You Plan is designed to promote maximum burning of your bodies' stored fat, by consuming 5 or 6 suitable daily meals to provide the biggest metabolic fat burning boost. The high premium protein content of our meal replacements and suggested foods will help satisfy your hunger, whilst the controlled carbohydrate & sugar content will reduce cravings and rapid insulin increases, allowing for successful, easier weight loss.

Conventional low calorie diet plans can be time consuming and confusing. With continuous shopping, counting calories, thinking about foods, recording foods and weighing produce.

The Diet Basics This leaflet provides a handy overview of our Lean & Low VLCD Plan. Please see our website for further details including a daily guide on how to follow.

➤ **2 KeeDiet Meal Replacement Products + Lunch + Evening Meal with Carbs + Fruit Snacks**

Suitable for Men & Women with a BMI 20-40.

- ✓ As a minimum sip 2.25 litres of water daily. Tap, Bottled, Sparkling. This is extra to the water used to mix products.
- ✓ Enjoy our Meal Replacement Shakes, Porridge, Soups, Meals, Bars. We recommend a maximum of one bar each day.
- ✓ Create a 200-calorie light lunch using our Permitted Menu's, Protein Portion and vegetables or salad.
- ✓ Create a 300-calorie main meal, using our Permitted Menu's, Protein Portion and vegetables or salad. (or enjoy a Nutrisaveur Ready Meal*)
- ✓ Add an unrefined carbohydrate portion.
- ✓ Add 100 calorie portion of fruit (normally two fruits).
- ✓ Optional items available

Twice daily select recommended Vegetables & Salad

Add to Light Lunch and Main Meal

Approx. 50-80kcal / 2 cups / 2 handfuls/ 200g - Low Carb & Low GI/GL Vegetables or Salad

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.

Check out The KeeDiet Weight Loss Centre for our online free food selection tool and weight tracker

Instead, our New You Plan makes weight loss, quick, easy and enjoyable for you with minimal effort. A flexible weight loss plan that can be easily fitted into your lifestyle.

With the KeeDiet® New You Plan you simply consume two of our VLCD Total Meal Packs each day, providing 50% RI of your essential vitamins and minerals daily. One for breakfast and the other as a light snack, then add two daily healthy meals - a light lunch and main evening meal, plus two fruit snacks throughout the day. Simple!

Our selection Menus makes choosing foods easy, and creating your meals simple, allowing you to control portion size and introduce healthy eating for future weight management. Use our Meal Planner in our Weight Control Centre for even more choices.



There are far better things ahead than we leave behind!

Optional items for consideration...

- Recommend a daily vitamin & mineral supplement to ensure you receive 100% RDA. Two of our VLCD Total meal packs provide 50% RDA of vitamins & minerals.
- Exchange one VLCD Total meal pack for a VLCD Bar*
- Exchange one VLCD Total product for a High Protein Product*
- Daily add 200ml of unsweetened almond Milk/Soya Light or Skimmed Milk
- Exchange your home prepared meal for a Keto Active or Control Ready Meal, adding extra veggies or salad
- You may use sugar squash; these can be used as your required water.
- Carbonated sugar free drinks. Black Tea, Coffee or Herbal Tea (these are not included as your water requirement).
- Sugar Free Sweeteners are permitted.
- Condiments to add extra flavour & spice to your food packs or meal: includes all fresh or dried herbs. EG: parsley, mint, cinnamon, curry powder, pepper and tabasco sauce
- 3 x Weekly you may add healthy fats using 1tbsp of nuts/seeds or add nut/seed oil to your permitted salad/vegetables or take as a supplement.

**If consuming less than 4 Total VLCD meal packs per day, it is recommended to add a vitamin & mineral supplement to ensure 100% vitamin & mineral requirement is covered*

Add Protein to your Lunch & Main Meal

Protein Choices Uncooked Weight – Skin Removed + Vegetables /Salad	Light Lunch 150kcal	Main Meal 250kal
Chicken/Turkey/Pork/Lean Ham	150g	175g
White Fish	200g	275g
Steamed Tofu	200g	275g
Tin Tuna (Spring Water)	150g	260g
Quorn Mince /Pieces	150g	275g
Oily Fish (Salmon, Mackerel)	120g	190g
Pre-Cooked Prawns	185g	250g
Reduced Plain Cottage Cheese	225g	325g
Eggs	2xMedium	2xLarge
Beans, Soya Beans, Red Lentils, Chickpeas, Black Eye Beans, Aduki	40-60g	65-95g

Unrefined Carbohydrate

(Approximately 100kcal – Cooked Weight)

- ❖ 100g Baked or Boiled Potato (skin included)
- ❖ 200g New Potato
- ❖ 150g Sweet Potato
- ❖ 30g Brown or Basmati Rice, Barley, Rye, Couscous or Whole-wheat Pasta
- ❖ 2-3 x Dark Ryvita or High Fibre Crisp breads
- ❖ 1 x Slice of High Fibre Granary Bread
- ❖ Cup of Starchy Root Vegetables such as Carrots, Parsnips, Winter Squash



Nutrisaveur Control Ready Meal:
Beef Bourguignon (285kcal / 27.7g (55% Protein))

Fruit Choices (Approximately 100kcal)

❖ Apple - 1 Medium	Approx 100g	47kcal
❖ Apricot - 4 Dried	32g	60kcal
❖ Banana - Half Large	60g	57kcal
❖ Grapefruit - Half Med	80g	24kcal
❖ Grapes - Small Bunch	100g	60kcal
❖ Kiwi Fruit - x1 Fruit	60g	29kcal
❖ Mango - x1 Slice	40g	23kcal
❖ Orange - 1 x Medium	160g	59kcal
❖ Peach - 1 x Large	110g	36kcal
❖ Pear - x1 Fruit	160g	65kcal
❖ Plum - 3 x Medium	165g	59kcal
❖ Raspberries -	100g	25kcal
❖ Strawberries -	100g	27kcal

Quick, Safe & Responsible Slimming

- ✓ The New You Plan is ideal for most dieters with a BMI above 20. (suggested for Ladies with a BMI 50+ Men with BMI 40+) However, we do suggest as a minimum once a BMI 22 has been achieved, increasing your calories and exercise for weight stabilization is beneficial for long term weight management and offer our Lifestyle Plan for healthy eating tips.
- ✓ Not advised for pregnant, breastfeeding women or persons less than 18 years old, discuss with your Doctor.
- ✓ The KeeDiet® complies with guidelines introduced by NICE (National Institute of Clinical Excellence), we advise that you should visit your Doctor every four weeks to request a blood pressure and health check. This is particularly important for any person with a BMI 40+, a medical condition or using prescribed medication.
- ✓ If at any time you feel unwell with this weight loss plan and symptoms persist or you feel concerned, you should stop the diet and immediately seek medical advice.
- ✓ We recommend that no alcohol is included in this weight loss plan. Alcohol is wasted calories and offers no nutritional benefits.

LCD & Possible Common Side Effects

When following a LCD (Low Calorie Diet) or VLCD (Very Low Calorie Diet) you are reducing normal foods which include carbohydrates and sugars, you may therefore experience some common side effects, both in the early stages and as you progress through the weeks. If you are ever concerned or feel unwell we recommend you stop your plan and consult your Doctor.

Although our New You Plan provides around 1000 daily calories using meal replacement products and healthy conventional foods you may still experience some side effects. These may include headache, fatigue, muscle weakness, dizziness, constipation or diarrhea, dry skin and weak nails. Please see online for further information and speak to your doctor or health professional for further advice.



The KeeDiet® Store

Low Calorie Diet (LCD) Weight Loss Solution

1000 Calorie New You Diet Plan

Low Carbohydrate & High Protein Weight Loss

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

