

KeeDiet® Rapid Burn Diet Plans

Providing the perfect diet for those who want to keep it simple, whilst experiencing an accelerated fat & weight loss! At The KeeDiet we take care of your daily requirements, 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.

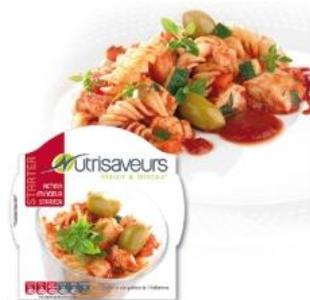
Our Rapid Burn Plans are classified as Very Low Calorie Diets (VLCD) and following one will promote a Ketogenic condition leading to a reduction in hunger, cravings and often creates a sense of euphoria and wellbeing, plus of course a *FAST* fat and weight loss.

Not only will you be losing weight quickly, you will also feel well-nourished. Our nutritionally complete VLCD Total Food Packs provide a minimum of 25% RDA of essential vitamins & minerals each and as we use a high quality protein in our products you are provided with approximately 4 hours of hunger satisfaction. 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 quick overview for both of our Rapid Burn Plan(s). For full details and more information including a daily example of how to follow the Rapid Burn or Rapid Burn Plus please visit our website.

- **KeeDiet Rapid Burn TFR Plan – 4 Daily Products**
Our Rapid Burn Plan is suitable for Men & Women with a BMI 27-40 with more than 1 stone (14lb / 6.35kg) to lose.
- **KeeDiet Rapid Burn Plus Plan - 5 Daily Products**
Our Rapid Burn Plus Plan is better suited for Men & Women with a BMI 40+, those above 17stone (108kg) or those with a labour intense job.
- ✓ As a minimum sip 2.25 litres of water daily. Tap, Bottled, Sparkling. This is extra to the water used to mix products.
- ✓ Add a daily fibre supplement (e.g.: KeeDiet Water Flavouring)
- ✓ Enjoy our Meal Replacement Shakes, Porridge, Soups, Meals, and Bars. We recommend a maximum of one bar each day.
- ✓ Optional items available

One of your 'Optional Extras. Enjoy real food on your VLCD / Ketogenic weight loss plan.



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

Ambient Nutrisaveur Diet Ready Meals are a high quality, delicious, calorie & carbohydrate controlled Ketogenic Ready Meals that take just 2 minutes to prepare.

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.

**Nutrisaveur Ready Meals do not include a full spectrum of nutrients therefore if using to replace a daily meal on any of our weight loss plans, simply include a vitamin & mineral supplement to cover any shortfall of essential nutrients.*

Following NHS and NICE Guidance you may follow a Rapid Burn Plans for a maximum 12 consecutive weeks and should stop if you reach a BMI 25 before this time. Once at your goal weight or BMI 25 we strongly suggest you follow our weight stabilisation plan to control the return to normal eating, safe guarding your lost weight and begin weight management.

If, however, you have completed 12 weeks and further weight loss is preferred, you must still take a break after 12 weeks, but instead follow our 1 week TFR Break Plan and ensure you visit your Doctor for a health check and approval before starting another 12-week cycle.

You may also follow our Rapid Burn Plans on a shorter 5-week cycle if preferred. Follow our Burn Plan for 4 weeks and on your 5th week step up to our TRF Break Plan for you one week. You can follow the shorter cycle until you reach your optimum weight or a BMI 25. Again regular health checks throughout are recommended.



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. If ever concerned you should stop the diet immediately and visit your doctor.

Possible side effects of following a VLCD may include 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 (2.25L) 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



VLCD Total Maple Syrup Pancakes with Walden Farm Pancake Syrup

Optional Vegetables

For additional fibre & nutrition, each day you have the option to include a selection of vegetables or salad. Below is a selection of foods with the lowest GI/GL figure and best suited to our Rapid Burn Plans, further choices are in our Weight Loss Centre – Meal Planner

Vegetables & Salad Selection Approx. 50-80kcal / 2 cups / 2 handfuls/ 200g

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.

Be adventurous with your salad...

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 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 slightly increase calorie intake however ketosis shouldn't be affected. You may exchange one product each day.

- ✓ Exchange one VLCD Total meal pack for a VLCD Total Bar*
- ✓ Exchange one VLCD Total meal pack for a High Protein Product*
- ✓ Exchange one 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 & Flower (not included as part of your water requirement)



- ✓ Tablet sweeteners (not powdered)
- ✓ 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*

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

The KeeDiet® Store

Choose your VLCD Ketogenic Weight Loss Solution

600+ Calorie Rapid Burn Total Plan

750+ Calorie Rapid Burn Plus Total Plan

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

