

KeeDiet Social Plan

The KeeDiet Social Plan is an easy to follow Ketogenic, Very Low Calorie Diet (VLCD) weight loss plan, offering the opportunity to enjoy a healthy meal with great results. Following will promote a Ketogenic condition which provides a reduction in hunger, cravings and often creates a sense of euphoria and wellbeing, plus of course a FAST fat and weight loss. A superb choice for quick weight loss!

Following our Social Plan 650+ Calorie Plan allows greater freedom and flexibility by including a daily meal to enjoy with friends or family and you'll soon realise how easily you can fit our Social Plan into your lifestyle.

Our nutritionally complete VLCD Total Food Packs 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. We use high quality protein in our products to provide you 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 handy overview of our Social VLCD Plan. Please see our website for further details including a daily guide on how to follow.

- **KeeDiet Social Plan - 3 Daily Products + a 200kcal Meal or Nutrisaveur Ready Meal***
Suitable for Men & Women with a BMI 28-40
- ✓ For Men & Women with a BMI 40+, those above 17 stone (108kg) or those with a labour intense job we recommend a 4th KeeDiet Product may be added to this plan.
- ✓ 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.
- ✓ For your Evening Meal create a 200 calorie home cooked meal from a selection of permitted foods provided or enjoy a Nutrisaveur Ready Meal*
- ✓ Add a daily fibre supplement (e.g.: KeeDiet Water Flavouring)
- ✓ Optional items available

200 Calorie Meal Options – Choose your Protein choice and create a home prepared daily meal. Use our Meal Planner in our online Weight Loss Centre for tracking, calculating foods and further food choices

Uncooked Weight

- ✓ 150g Skinless Chicken / Turkey / Lean Ham / Pork
- ✓ 200g White Fish (eg: Cod, Haddock)
- ✓ 100g Dried Weight Beans (eg: Soya)
- ✓ 150g Tinned Tuna in Spring Water
- ✓ 225g Pre-cooked Prawns
- ✓ 250g Reduced Plain Cottage Cheese
- ✓ 2 Large Eggs
- ✓ 250g Steamed Tofu
- ✓ 200g Quorn

Following NHS and NICE Guidance you may follow this Plan for a maximum 12 consecutive weeks and should stop if you reach your optimum weight or as a minimum your BMI 25. At this point, if you have reached your optimum weight we strongly suggest you follow our Weight Stabilisation Plan, to lock in your results and control your return to normal eating and weight management.



However, if you haven't yet reached your BMI 25 or optimum weight at the 12-week stage and wish to drop more weight. Follow our Take a Break Plan for one week to increase your daily calories to 800+, you may then return for another cycle, after gaining your Doctors approval.

If you have reached your BMI 25 but still wish to drop a few extra pounds, follow one of our higher calorie weight loss plan. Consider stepping up plans using our Lean & Low Plan, New You Plan, 5:2 Intermittent Fasting or Lifestyle Plans and increase your calories as you get closer to your goal weight and gently return to healthy eating and weight management.

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.



Selection of Vegetables

Approx. 50-80kcal / 2 cups / 2 handfuls/ 200g
Choose 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.

QUICK OPTION.... For a quick, easy meal solution choose one of our **delicious Keto Active Ready Meals** as a complete meal, instead of a home-cooked meal.

*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.

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 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.
 - ✓ 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 problem 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.



Optional Extras to consider... Additional items

listed may increase calorie intake slightly but controlled should not affect weight loss.

- ✓ Exchange one VLCD Total meal pack for a VLCD Bar*
 - ✓ Exchange one VLCD Total meal pack for a High Protein Product*
 - ✓ Exchange your home prepared meal for a Nutrisaveur 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)
 - ✓ Decaf Black Tea, Coffee or Herbal Teas including Leaf, Fruit, Flower. (These do not count not as your water requirement)
- ✓ Tablet sweeteners
 - ✓ KeeDiet Ketogenic Water Flavours
 - ✓ 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 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.*

The KeeDiet® Store

Ketogenic/Very Low Calorie Diet Weight Loss Solution

650+ Calorie Social Diet Plan
Low Carbohydrate & High Protein Weight Loss

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

