

Be Maintenance



This program has been scientifically formulated using the science of intermittent fasting and very low calorie diets which is the same principles used in Dr Michael Mosley's best selling books - "The Fast 800 Theory" and "The New 5:2 Diet". The Be Maintenance program is perfect for monthly delivery frequency to help you maintain your weight loss. It is also suitable for those who are wishing to manage their weight, regardless of recent weight loss.

5:2 for Maintenance

The New 5:2 Diet, as discussed by Dr Michael Mosley, combines the science behind intermittent fasting and daily energy restriction diets for weight management. Traditionally, the 5:2 diet comprises of 2 days of 'fasting' and 5 days of normal, healthy eating for weight loss. On the two fasting days, women consume 500 calories and men 600 calories. The ratio of normal eating to fasting days is the same in this new diet, however total daily calories have increased to 800, regardless of gender. Dr Mosley believes this 800 calorie approach is more achievable and sustainable leading to better compliance.

Daily dieting is challenging, and for some people, the idea of 'watching what you eat' for only a set number of days, or hours in a week is mentally more appealing than other

alternatives and may be more sustainable in the long term for weight maintenance or weight management. However, if moderation is not practiced during the rest of the week, desired results may not be achieved.

An alternative way to use the Be Maintenance program should you not wish to do 2 days of fasting every week for 4 weeks, is to simply use the program for 8 days straight similar to our Be Rapid Program or to replace one meal or snack per day for the entire month.

What food will I receive on this program?

It includes all of your meals and snacks for two days a week of intermittent fasting for the month.

Our Be Maintenance program is an assortment of 24 meals and 14 snacks designed to provide you with 2 days per week of a low-calorie diet (of approximately 800 calories per day), over a 4 week period.

Select 8 x breakfasts, 8 x lunches, 8 x dinners and 2 x 7 packs snacks to complete your meal program.

This program is based on 800 calories with around 60-70g of protein and 50-70g of carbohydrates, per day.

MEAL	CALORIES	MENU OPTIONS
Breakfast	210	BFF eggs, porridge, muffins, granola and bircher
Snack	100	BFF protein ball, BFF low carb cookies or snack from allowed extras
Lunch	230	BFF meal or soup
Snack (optional)	100	BFF protein ball, BFF low carb cookies or snack from allowed extras
Dinner	230	BFF meal or soup
Side salad/veg (optional)	50	See suggestions on allowed extras guide
Total calories	820 - 920	

* Please note that all meals are approximate in calories and may vary from meal to meal

The nutritional value of all our meals are nutritionally equal, so you can consume meals in an order that suits your needs.