

Dear Doctor,

Your patient has decided to undertake a Be Fit Food program. Be Fit Food was created by a doctor and dietitian to help people manage their weight safely and effectively using wholefoods, rather than resorting to synthetic shakes and bars. Our programs were developed using the science of rapid weight loss and ketosis, in combination with the low carbohydrate science by leading researchers from the CSIRO. We are now Australia's leading real food VLCD for rapid weight loss and weight management. Our weight loss programs not only offer delicious and nutritionally complete meal plans, but also complimentary dietitian support, which we believe is essential to help Australians achieve and sustain weight loss while being educated on the importance of real, whole food diets and portion control.

About our meals:

- Snap frozen to lock in nutrients
- No added sugar or artificial sweeteners
- Low in sodium (<500mg per serve)
- Contain a minimum of 20g of protein per meal (>15g protein in vegetarian/vegan options)
- Contain a maximum of 15g carbohydrate per meal (<20g carbs in vegetarian/vegan options)
- Low in saturated fat
- Contain a source of dietary fibre
- A minimum of 4-12 vegetables in every meal

Benefits of our programs:

- Improvements in blood sugar levels in just 7 days (1)
- Average 2-12kg weight loss in 2 weeks on the Be Rapid program
- Improvements in blood pressure, cholesterol and insulin resistance
- Reduces fatty liver and liver size for bariatric surgery*

Reset Programs

This program induces mild nutritional ketosis, which is a state in which the ketone levels in our bodies are slightly elevated (0.3-1.5mmol/l), in comparison to other more extreme ketogenic diets that reach higher levels of ketones. It is suitable for anyone seeking rapid weight loss or a metabolism reset.

- Daily calorie intake: 800-900 calories.
- Average weight loss: 5.89kg in 2 weeks**
- Recommended duration: up to 6-12 weeks.
- Daily inclusions: 3 meals, 2 snacks plus recommended extras.

Rapid weight loss programs we offer:

- 7 or 14 Day Reset
- 7 or 14 Day Reset Protein Plus (Provides an additional 50g of protein per day for those who have higher requirements)

Gradual Weight Loss Programs

Our gradual weight loss programs are typically chosen by those who are seeking a slower or more gradual weight loss. They are suitable for people who live an active lifestyle or for maintaining weight loss.

- Daily calorie intake: 1000-1500 calories.
- Average weight loss: 0.5-1.5kg per week.
- Recommended duration: 4-12 weeks.
- Daily inclusions: 4-5 meals, 2 snacks plus recommended extras.

Gradual weight loss programs we offer:

- Be 1000
- Be 1200
- Be Fit Man



Maintenance Programs

These programs assist our customers in weight maintenance by providing nutritious and convenient meals. Maintenance programs we offer:

- Monthly Maintenance Program
- Intermittent Fasting Program
- 7, 14 & 28 Meal Bundles

For further information and guidelines on managing your patient while on the Be Fit Food programs, please visit our website. We have dietitians available on 1300 263 257 or email dietitian@befitfood.com.au. The information contained in this letter is intended for general informational purposes only and is not a substitute for independent professional medical advice, diagnosis or treatment.

Team Be Fit Food

1. Save K, Padula M, Murray B (2017) The Impact of a One Week Be-Fit-FoodTM Delivered Meal Program on Body Composition and Blood Glucose in Type 2 Diabetes Mellitus Patients: Preliminary Data. Endocrinol Metab Int J 4(4): 00095. DOI: 10.15406/emij.2017.04.00095

**Average 5.89kg lost by 40 Be Fit Food customers over 2 weeks on Be Rapid/Metabolism Reset/Challenge Yourself programs. Individual results may vary and may be impacted by numerous factors including food plan type and individual circumstances such as existing health/medical conditions or medications. We advise all customers to talk to their health professional prior to commencing and during their weight loss journey.