

Dear Doctor,

Your patient has decided to undertake the Be Fit Food program. Be Fit Food was created by weight loss surgeon Mr Geoffrey Draper and accredited practicing dietitian Kate Save, 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 three key weight loss programs not only offer delicious and nutritionally complete meal plans, but also free 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. In the past, the best option for rapid weight loss has been diets consisting of processed bars and shakes. At Be Fit Food we don't believe in synthetic ingredients – we believe our bodies need real food, mostly plant-based ingredients, whilst still being low carb and the right amount of protein and healthy fats.

BFF Meals

- Snap fresh frozen
- No added sugar or artificial sweeteners
- Low in sodium
- 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 saturated fat
- Contain a source of dietary fibre
- A minimum of 4-12 vegetables in every meal and soup

BFF Benefits

- 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*

BFF Weight Loss Programs

Be Rapid

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:* 2-6kg per week. *Recommended duration:* 2-8 weeks. *Daily inclusions:* 3 meals | 1 snack.

Be Lean

This program is ideal for people looking for a low-carb meal plan to achieve slower and steady weight loss compared to Be Rapid.

Daily calorie intake: 1000-1200 calories. *Average weight loss:* 1-2kg per week. *Recommended duration:* 4-12 weeks. *Daily inclusions:* 4 meals | 1 snack.

Further information

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-Food™ 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

*For Further Information see our Real Food for Rapid Weight Loss Resource