



Tasty, Nutritionally Balanced VLCD Weight Management Solutions For Men & Women

HELPING YOU TO LOOK & FEEL GREAT

Meal Guide & Diet Plan



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Suggested (VLCD) Diet Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast (Meal 1)	 Porridge 200 Kcal (with Skimmed Milk)	 Banana Shake 225 Kcal (with Skimmed Milk)	 Strawberry Shake 220 Kcal (with Skimmed Milk)	 Porridge 200 Kcal (with Skimmed Milk)	 Vanilla Shake 220 Kcal (with Skimmed Milk)	 Strawberry Shake 220 Kcal (with Skimmed Milk)	 Chocolate Shake 220 Kcal (with Skimmed Milk)
Lunch (Meal 2)	 Cottage Pie 135 Kcal	 Cream of Mushroom Soup 135 Kcal	 Cream of Vegetable Soup 135 Kcal	 Red Bean Chilli 128 Kcal	 Cottage Pie 135 Kcal	 Cream of Chicken Soup 135 Kcal	 Spaghetti Bolognese 135 Kcal
Dinner (Meal 3)	Choice from food list approx 210 Kcal *See Below	Choice from food list approx 210 Kcal *See Below	Choice from food list approx 210 Kcal *See Below	Choice from food list approx 210 Kcal *See Below	Choice from food list approx 210 Kcal *See Below	Choice from food list approx 210 Kcal *See Below	Choice from food list approx 210 Kcal *See Below
Snack (Meal 4)	 Dark Chocolate Truffle 200 Kcal	 Maple Fruit & Almond 200 Kcal	 Fruit & Cereal 200 Kcal	 Lemon & Yoghurt 200 Kcal	 Maple Fruit & Almond 200 Kcal	 Dark Chocolate Truffle 200 Kcal	 Fruit & Cereal 200 Kcal
	TOTAL = 765 Kcal	TOTAL = 765Kcal	TOTAL = 765 Kcal	TOTAL = 738 Kcal	TOTAL = 765 Kcal	TOTAL = 765 Kcal	TOTAL = 765Kcal

Rapid: 4 meal replacements every day (VLCD)

Quick: 3 to 4 meal replacements every day plus add 1 meal from list

Steady: 2 meal replacements every day plus add 2 meals from list

ADD A SNACK

1 - 3 Allowed Per Day:

- Small Handful Of Uncoated Nuts:
Almond/Brazil/Cashew/Pistachio/Peanut
- Fruit: Apple/Peach/Pear (Small) Plum/Satsuma/Kiwi (Medium)
- Fruit: Berries (Blue & Black)/Grapes Cherries/
Strawberries (Handful)
- Cottage Cheese, Low Fat (2 1/2 Tsp)
- Yoghurt, Natural, Low Fat (2 1/2 Tsp)
- 2oz Of Any Protein Meal

ADD A MEAL: PROTEIN

You Can Have 4oz Of The Following Once Per Meal:

- Skinless Chicken Breast
- Lean Ham, Pork, Bacon
- Quorn/Soya/Tofu
- 1 Medium Egg, Boiled Or Poached
- Plain Cottage Cheese (Low Fat)
- White Fish/Cod/Shellfish/Prawns/Tuna
- Oily Fish: Salmon/Mackerel/Sardines

ADD A MEAL: VEGETABLES, SALADS & OTHERS

Four Of The Following Vegetables & Salad Items Per Meal:

- Asparagus
- Baby Sweetcorn
- Butternut Squash
- Cauliflower
- Courgette
- Gherkin
- Lettuce
- Onion
- Radish
- Spinach
- Avocado
- Bamboo Shoots
- Broccoli
- Celery
- Cucumber
- Green/French Beans
- Mange Tout
- Pak Choi
- Rocket
- Tomato
- Aubergine
- Beansprouts
- Cabbage
- Chicory
- Fennel
- Leek
- Mushroom
- Peppers
- Spring Onion
- Watercress

2 Tbsp (60g) of the following, one portion per meal:

- Baked Beans (Reduced Sugar)
- Beans:
Blackeye, Butter, Haricot
Mung, Red Kidney
- Bulgur Wheat
- Carrots
- Chickpeas
- Lentils (Any)
- Soya Beans
- Quinoa
- Sweetcorn
- Peas



VLCD DIETING RULES

1. Have 3-4 servings per day to achieve 400-650 cals and a Multi-Vitamin, preferably taking your first Eontu meal within 2 hours of waking.
2. Drink 3-4 litres of water, tap, bottled or sparkling but not flavoured, steadily throughout the day. Teas and coffees are included in the water allowance, but milk is restricted to a max of 250ml skimmed per day. Teas can be black, white or green leaf but not fruit or flower.
3. Do not add lemon to water but artificial sweetener is allowed in teas or coffees.
4. Do not use sugar free gum or mints as a breath freshener, use mouthwash or our breath freshener sheets. Increase your water intake to help but no more than 4 litres per day.
5. Initial side effects can include headache, nausea, tiredness and diarrhoea, but these are short lived and normally subside by day 4. Take paracetamol to relieve.
6. Long term side effects tend to be constipation and this should not be ignored. Take fibre as a daily supplement to help prevent it and senna or bisacodyl occasionally to treat.
7. If you choose to have additional food, then only eat once per day from the additional food list to stay in ketosis and maintain the fat burning process.
8. Use spices, herbs and balsamic vinegar to make food more interesting but not olive oil or dressings.

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