

INTERMITTENT FASTING MADE EASY

NEW

BIOINTENSE NUTRITION

SLIM ME

GP4:3



One of the most effective diets I have ever tried and much more sustainable too.

The Fasting Days were much easier than I imagined, the Slim Me drink really works, it definitely does take the edge off hunger.

In just 2 weeks this diet has changed the way I think about food. Thank you for all the advice and support - I would be delighted to recommend **GP4:3** to anyone!



Kate UK



GABRIELA PEACOCK

WHAT IT DOES...

- Clinically proven to aid weight loss¹
- SLIM ME Drinks for blood sugar balance and reduced cravings
- GOLD supplements to support sleep and energy
- Live Cultures Capsule* for positive gut health

*Formerly known as a Probiotic

WHY GP4:3

This **GP4:3** Nutrition plan is designed to help you achieve significant weight loss whilst nourishing and rebalancing your system through the unique combination of:

- Alternate day fasting - a balanced, simple to understand Intermittent Fasting plan that fits into your life
- A comprehensive programme of supplements, food advice and support - designed to reflect a real visit to a nutrition clinic
- Our GP4:3 Facebook support group offering community advice, recipe ideas and Fasting Day motivation www.facebook.com/groups/43diet
- Optional weekly call or email support from our in-house nutritionist for any questions, help and advice



WHAT'S IN MY GP4:3 BOX?

GP4:3 FASTING DAY x6

EACH FASTING DAY ENVELOPE CONTAINS...

Live Cultures Capsule x1

GP SLIM ME my drink x3

(For more info see pages 7-8)

GP4:3 MINDFUL DAY x7

EACH MINDFUL DAY ENVELOPE CONTAINS...

Live Cultures Capsule x1

GP GOLD my drink x1

GP GOLD my capsules x1

(For more info see pages 11-12)

GP4:3 MAGIC DAY x1

THE MAGIC DAY ENVELOPE CONTAINS...

Live Cultures Capsule x1

GP GOLD my drink x1

GP GOLD my capsules x1

GP4:3 EMERGENCY STASH x1

THE EMERGENCY STASH ENVELOPE CONTAINS...

GP SLIM ME my drink x3

3 Slim Me Drinks

Spare for you to use on any days you are feeling particularly hungry. However, we don't recommend having any more than 4 Slim Drinks per day.

2 Chocolate Protein Shakes

This delicious and nutritious blend of vegan protein and organic cacao makes the perfect high protein snack for when you crave something sweet. **For best results;** blend sachet contents with 250ml of cold milk of your choice. For a lower kcal option, blend with half water & half milk. E.g. That Protein (99kcal) + 125ml semi skimmed milk (61 kcal) + 125ml water = 160 kcal

Tape Measure

It's not all about what the scales show. Measuring your body is also a great way of tracking progress.

GP NUTRITION FOOD PLANNER & INFORMATION LEAFLET

THE RESEARCH BEHIND GP4:3

There are many interpretations and forms of Intermittent Fasting (IF) but the objective for any IF plan is to split daily or weekly eating cycles into fasting and non-fasting periods over a defined time frame.

A vast amount of research supports the effectiveness of IF for steady & sustainable weight loss plus many other health benefits including:



Supports
Heart Health



Fights
Inflammation



Cellular
Anti-Aging



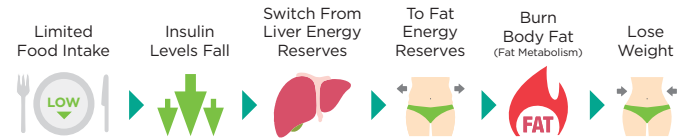
Stimulates
Brain Function

The latest research shows that most significant weight loss and health improvements can be achieved through **Alternate Day Fasting** i.e. 1 day 'normal eating' followed by 1 day fasting and so on.

This **GP4:3** Nutrition plan uses Alternate Day Fasting and Biointense Nutrition to deliver you a unique combination designed to achieve significant weight loss whilst nourishing and re-balancing your system.

How does fasting help you lose weight?

THE SCIENCE OF FASTING



When we consume more food (energy) than our body needs at that point in time, we store the excess energy to be used later on.

Our body's preferred storage place for excess energy is as easily accessible glycogen in the liver. However, liver storage space is limited so when it runs out of room, we then store it as fat in our adipose tissue (body fat).

Normally, we consume food (energy) regularly throughout the day or week so we don't need to access the fat stores in order to supply our body with energy.

When we fast for a day, the lack of food intake means the body is able to access and break down our fat stores.

This use of fat for energy (fat metabolism) helps us to burn body fat stores whilst preserving muscle mass and function.

<h2>WEEK 1</h2> <h1>1</h1>	Day 1 - Monday FASTING DAY CALORIE INTAKE 500 600 3 x SLIM DRINKS + LIVE CULTURES CAPSULE	Day 2 - Tuesday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE	Day 3 - Weds FASTING DAY CALORIE INTAKE 500 600 3 x SLIM DRINKS + LIVE CULTURES CAPSULE	Day 4 - Thursday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE	Day 5 - Friday FASTING DAY CALORIE INTAKE 500 600 3 x SLIM DRINKS + LIVE CULTURES CAPSULE	Day 6 - Saturday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE	Day 7 - Sunday MAGIC DAY Unrestricted calories enjoy! 😊 GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE
	Day 8 - Monday FASTING DAY CALORIE INTAKE 500 600 3 x SLIM DRINKS + LIVE CULTURES CAPSULE	Day 9 - Tuesday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE	Day 10 - Weds FASTING DAY CALORIE INTAKE 500 600 3 x SLIM DRINKS + LIVE CULTURES CAPSULE	Day 11 - Thursday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE	Day 12 - Friday FASTING DAY CALORIE INTAKE 500 600 3 x SLIM DRINKS + LIVE CULTURES CAPSULE	Day 13 - Saturday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE	Day 14 - Sunday MINDFUL DAY FOLLOW YOUR TARGET CALORIES GOLD CAPSULES + GOLD DRINK + LIVE CULTURES CAPSULE

Do I have to start this plan on a Monday?

We recommend starting your first **Fasting Day** on a Monday, however, this is just a guide.

Can I switch Fasting and Mindful Days around?

If you do need to change the days to suit your schedule there is just one simple rule; **Don't have 2 Fasting Days in a row.**



Does my Magic Day have to be Sunday?

You can swap any one of your **Mindful Days** with your **Magic Day**. Just remember, you only get 1 **Magic Day** so use it wisely. 😊

For example, if you have a party on Day 6 - Saturday, you can swap Day 6 and Day 7 around.



Didn't receive your target calorie email? Please go to gpnutrition.com/targetcalories



SLIM ME Drinks

HOW TO TAKE:

Mix powder in half a glass of cold water - **stir and drink immediately** (it thickens fast, so drink it quick). Follow with a second glass of water.



HOW IT WORKS:

Our delicious Sicilian Lemon Drink contains Glucomannan - a natural, healthy and highly absorbent fibre that has water attracting properties and can therefore swell up to 70 times its weight when mixed with water.

This forms a soft gel that partly fills your stomach to help you feel fuller faster, as shown in the example illustration.



**DON'T FORGET. DRINK IMMEDIATELY.
AND STAY HYDRATED** 

¹ Each Slim Me Drink contains 1.5g Glucomannan, a natural fibre which has been shown to contribute to weight loss. The beneficial effect of Glucomannan is obtained with a daily intake of 3g in three doses of 1g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet. Glucomannan also contributes to the maintenance of normal blood cholesterol levels - the beneficial effect is obtained with a daily intake of 4g of Glucomannan.

NUTRITIONAL SUPPORT

HOW TO USE:

The Slim Me Drinks can be used in two ways:

1. To aid portion control at meal time

Take 30 minutes before eating to help promote the feeling of fullness with a smaller than normal portion.



2. To reduce cravings and hunger pains (aka hanger)


Take any time you feel the urge to snack. Having a Slim Drink can take the edge off hunger or sugar cravings and help tide you over between meals.



OptiBac LIVE CULTURES CAPSULE* OPTIMUM FRIENDLY BACTERIA



HOW TO TAKE:

 Take 1 per day with a meal, ideally with breakfast



Drink plenty of water throughout the day (at least 2 to 3 litres)

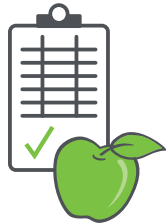
HOW IT WORKS:

Live Bacterial Cultures have numerous health benefits attributed to helping restore the natural balance of bacteria in your gut. Your microbiota (the community of micro-organisms in your gut) play key roles in human health including improvements in digestion and boosting immune modulation.

A lack of diversity in microbiota has been associated with overweight and obese individuals and so boosting your microbiota should help with your weight loss goals.

*Formerly known as a Probiotic. Changed to meet EU regulations on food supplements.

TO MAXIMISE RESULTS ON FASTING DAYS, WE HIGHLY RECOMMENDED YOU FOLLOW THESE 3 TIPS:



Tip 1: Plan Your Meals

You can divide your 500 / 600 calorie allowance to suit both your schedule and your needs. As a first port of call, we recommend you try spacing them out throughout the day in 2 or 3 small meals or 1 small meal and a couple of snacks.

Alternatively, some fasters prefer to save all their calories for their evening meal.

Included in your kit is a **GP4:3 Food Planner** Booklet. This provides the calorific content of key Fasting Day foods as guided on the next page.



Tip 2: Use A Calorie Tracking App

There are many useful websites and apps that can help you log your meals and track your calorie intake.

We highly recommend My Fitness Pal as it has a huge nutrition database, containing over 5 million foods, plus many other useful features.

 myfitnesspal



Tip 3: Meal Composition

Providing you stay within your 500 / 600 calorie limit, it is up to you what you eat on Fasting Days. However, a Fasting Day can be tough so here are some simple tips to help you get the most out of your meals:

Opt for lean protein and non-starchy veg

We recommend you opt for lean protein sources and non-starchy vegetables. These foods will help you to maintain stable energy levels without causing blood sugar levels to spike, thus helping to reduce hunger and cravings.

As non-starchy vegetables are low in calories, they are a nutritious way of filling your plate (and tummy) whilst keeping you within your calorie allowance.



Avoid simple carbohydrates (sugars) and high fat foods

Simple carbohydrates e.g. white bread, white pasta, cakes, biscuits, confectionery etc. are high in sugar and lead to increased cravings, anxiety, irritability, poor concentration and fatigue due to fluctuations in blood sugar levels.

High fat foods e.g. oil, butter, cheese, avocado, chocolate etc. are best avoided on your Fasting Days as they are nutrient dense and will bring you up to your allowance of calories without providing much for you to eat.

Tip 4: Stay Hydrated

We often confuse thirst for hunger, and when you are dehydrated the body retains water making you feel bloated. It is particularly important to stay well hydrated on Fasting Days as the Glucomannan in your Slim Drinks is highly absorbent.

Drinking at least 2 Litres of water a day will help prevent bloating and help your body function at its best.



GOLD Superfood Drink

HOW TO TAKE:

- Add the powder to a medium glass of cold water and stir well.
- This drink contains superfoods which may fall to the bottom of the glass if left to stand, so either drink quickly or stir before sipping.



HOW TO USE:

Although it's great with water, you can also use this to boost the fibre, protein and nutrient content of other food / drink.

Why not try adding it to...



HOW IT WORKS:

Contains over 10 superfoods, bursting with antioxidants plus **Hero Actives!**

4g Pea Protein:

Helps regulate blood sugar levels and more

Vitamin D:

Supports immunity

Vitamin B12:

Amplifies and sustains energy

High Fibre:

Essential for healthy digestion

Magnesium:

A relaxing mineral to rebalance and calm



GOLD Capsule Sachet

HOW TO TAKE:

- Take all 3 capsules in your daily sachet with breakfast or lunch. They are potent so make sure they are taken with a meal. Do not take on an empty stomach.
- Drink plenty of water throughout the day.



HOW IT WORKS:

Algae Oil Omega 3 Softgel



Made from sustainable Algae (seaweed), this is a highly nutritious, 100% plant based source of essential fatty acids - something your body cannot produce by itself.



Antioxidant-Rich Multinutrient

Over 20 bioavailable ingredients designed to energise and replenish all your vitamin and mineral levels. Consider this your essentials covered.



Organic Turmeric with Bioperine

Turmeric contains Curcumin, a powerful antioxidant and anti-inflammatory. The inclusion of Bioperine increases absorption of this superfood.

PSST!

REMEMBER YOUR OptiBac LIVE CULTURES CAPSULE* OPTIMUM FRIENDLY BACTERIA



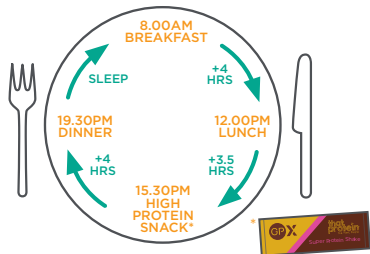
Take 1 per day with a meal, ideally with breakfast. (See page 8 for more details on your OptiBac capsule)

TO MAXIMISE RESULTS ON MINDFUL DAYS, WE HIGHLY RECOMMENDED YOU FOLLOW THESE 3 TIPS:

1. Meal timing

It is important that you eat every 3.5 - 4.5 hours to ensure blood sugar levels remain stable throughout the day. Meals should be well balanced as per the GP4:3 meal composition advice below.

MEAL TIMING EXAMPLE:

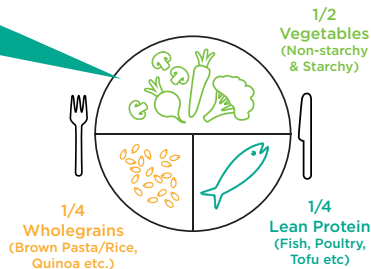


2. Meal composition

Is crucial for blood sugar balance and appetite control whilst stabilising energy levels. For every meal, 1/4 of your plate should contain a portion of protein, lean sources are best.

The remaining 3/4 should come from healthy (complex) carbohydrates - this includes non-starchy or starchy vegetables and wholegrains (See GP4:3 Food Planner for examples and calorie content of lean protein and complex carbs).

BALANCED MEAL EXAMPLE:



To boost your weight loss results you should focus on non-starchy veg whilst minimizing the amount of starchy carbohydrates consumed (i.e. starchy veg, wholegrains, brown bread / pasta and cereals). Aim for a plate that is made up of 3/4 non-starchy veg & 1/4 lean protein.

3. Follow your personalised target calories

To help you achieve better weight loss results we have incorporated these 'mindful' eating days in between the Fasting Days.

During Mindful Days we encourage you to eat a balanced healthy diet by sticking to your recommended target calorie intake as emailed to you after you purchased GP4:3.

Whilst it is important you don't go over your target Mindful Day calories, it is equally important you don't eat under your target calories.

We know this might be tempting but if you calorie restrict on a daily basis, your body adapts and lowers its energy (calorie) needs. This can cause weight loss to plateau, forcing you to reduce your calorie intake even more in order to achieve further weight loss, which is difficult to sustain.



Didn't receive your target calorie email?
Please go to: gpnutrition.com/targetcalories

Don't forget, if you find it helpful you can still use these tools on Mindful Days...

GP4:3 Food Planner Booklet (enclosed)



Calorie Tracking Apps



f For further advice, recipe ideas and Fasting Day motivation, join our Facebook support group: www.facebook.com/groups/43diet

Have Fun,
Live Life,
Go Play

Fabriele
x

Join our Facebook support group:
www.facebook.com/groups/43diet

Join the community



@gp_nutrition

gpnutrition.com