



New You

Information Booklet

*"Whether you think you can, or think you can't,
you are probably right."*

How it Works

Mixing Instructions

Success Checklist

Refeed & Maintenance Tips

Keep Personal Records

How to Join in the New You Community

Free Online Video Coaching Program

Worth
£47



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***“Life isn’t about finding yourself.
Life is about creating yourself”***

Dear Friend,

Firstly I want to congratulate you on making the decision to get started on your personal weight loss journey to a new you! Being slim and healthy is one of the best gifts you can give yourself and the ones you love.

I am delighted that you have chosen the new you plan to help you to get to your goal, and I am excited to have the opportunity to share this journey with you! I hope to meet you over at our blog, weight loss challenges, and our Secret Slimmers online support group on facebook!

I am the New You Plan life coach and while you rapidly lose weight with our specialised meal replacements, I hope you will join in with the coaching programs and community to help you to make the lifestyle and mindset shifts to support your new slim figure when you get to your goal.

This booklet will give you a great overview of everything you need to know about the new you plan, total food replacement, ketosis, refeed, and the online support and coaching programs that we offer.

It is the goal of The New You Plan to help you get to your goal and stay there, by focusing on the complete package from nutrition, lifestyle and mindset. You are at the start of an exciting life changing journey! Enjoy the process, participate in our challenges and community, and be happy with your decision for food abstinence, it is only for a short time, and with new habits and a healthy mindset you will reap the rewards long into the future.

Good Luck with your weight loss journey! Hope to see you in Secret Slimmers and in our weight loss challenges! Check out our blog to find out how to join in!
www.TheNewYouPlan.com/blog

Love,
 Julie-Ann
 Your New You Plan Life Coach



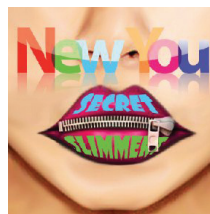
Welcome to the New You

I hope you are feeling excited about the transformation that lies ahead of you. Over the coming weeks you will notice that as you take control of your life and your weight, that you will feel incredibly empowered, and your confidence will grow as you experience the rapid weight loss results that total food replacement can give you.

We have created The New You Plan, to give you the complete package to help you create a total transformation that lasts!



✓ **7 Day Kick Start Online Video Coaching Program** – this video program can be accessed online, with rave reviews, this program has helped thousands of people to successfully complete the first 7 days of their total food replacement journey. Valued at £47 you get this for FREE as a New You Plan customer – here is your VIP link to get free access – www.7daykickstart.com/vip



✓ **Specialised Meal Replacements** – for safe rapid weight loss, our products have been created to help you go into ketosis which switches your body into a fat burning machine, making weight loss fast and easy. It also gives you a break from food, to give you time to break old habits, clear your palette, and form a healthier mindset and lifestyle to support you in the long term.

✓ **Secret Slimmers Facebook Group** – this group is AMAZING, with hundreds of people who are currently on The New You Plan total food replacement program. It is a secret group so your friends can't see your posts in this group, this means you can talk freely and get the support you need from people who understand what you are going

through. There are loads of photos of transformations in this group, so you will be so inspired and motivated every time you log in here. This group is for New You Plan customers only and is **INVALUABLE**. You can find out how to get into this group on our blog.

✓ **Weight Loss Motivation** – Julie-Ann our Life Coach at The New You Plan is here to motivate and inspire you to make the mindset shifts to help you get to your goal and create a lifestyle that you are proud and happy of. You can get motivation any time you need a boost from the articles and videos on our blog, more are added almost daily!



✓ **Weight Loss Challenges** – There is nothing like a challenge to keep you on track. We regularly hold weight loss challenges on our blog, this gives you the opportunity to declare your goal, and feel accountable to weigh in every week and announce your results. We also give away some fun prizes! Check out the challenges section on our blog to sign up!

✓ **Refeed and Relearn Healthy Eating Program** – A big fear for most people on a total food replacement program is how they will manage when they have to start eating “real” food again. We want to take that fear away, and have given you the easiest and simplest refeed and healthy eating program with our Diet Plate. This simple plate helps you to relearn healthy eating and removes calorie and point counting and focuses on portion control and what healthy foods to eat.



✓ **Momentum Maintainers Facebook Group** – It is important to remember that the new you is a journey and not a destination. To have long term success you need to keep the momentum going and stay focused on healthy eating and living a healthy lifestyle. The Momentum Maintainers is our secret facebook group for people on refeed and healthy eating plans. This group is exclusive and free to The New You Plan customers.

You can find out about all of our resources on our blog.

www.TheNewYouPlan.com/blog



Your Records Starting Point...

“More powerful than the urge to win, is the courage to begin.”

Complete this table today, record your starting point. Follow the plan and you will be amazed and proud of your achievements.

	Starting Point	30 DAYS	60 DAYS	90 DAYS
Starting Date				
Starting Weight				
Starting BMI				
Waist Measurement				
Hips Measurement				
Left Thigh				
Right Thigh				
Top of Knee Left Leg				
Top of Knee Right Leg				
Calf Left Leg				
Calf Right Leg				
Chest				
Left Arm (around biggest part)				
Right Arm (around biggest part)				

Now enter your goal weight and goal BMI here

Goal Weight in 90 Days	
Goal BMI in 90 days	



Get Focused & Motivated!

“Nothing great was ever achieved without enthusiasm.”

Get focused on why you will be happier and healthier for doing this. Be specific! Why will you feel better? What clothes will you be able to wear? Who will be happy for you? Who do you want to impress? How exactly will you feel when you are slimmer? Get really specific and get reasons that excite and inspire you, you will want to refer to this list anytime you find it tough, so make sure that you stir up emotion so that you feel motivated and enthusiastic about achieving your goals. Keep your eyes on the prize!
xox

10 Reasons why you want to be slim and healthy.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Safety First!

Medical Guidance

"Take care of your body, it is the only place you have to live."

Total Food Replacement General Guidelines:

- Get your doctors approval and blood pressure checked before you start.
- A check up with your doctor every 28 days while on a Total Food Replacement plan is also recommended.
- You should only start Total Food Replacement if your BMI is 25 or more.
- It is also recommended that you should take at least a two week break from Total Food Replacement after 12 weeks.
- You should have NO medical contra-indications listed below.
- You should have at least 450 cals per day.

All the following advice is for guidance only and should not be used in anyway as a replacement for the correct medical advice – We recommend that you do consult your GP or medical practitioner before starting any diet or exercise programme.

IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS A VERY LOW CALORIE DIET PLAN IS NOT A SUITABLE PROGRAMME FOR YOU TO FOLLOW.

- An eating disorder or taking anti-obesity drugs
- Arrhythmia, Bradycardia or Tachycardia, or taking (Digoxin) to treat heart rate irregularities.
- Convulsions or Epileptic seizures or taking anti-convulsant drugs
- A serious heart condition, heart disease, or suffered a heart attack.
- Severe psychiatric disorders including manic depression, (Bipolar disorder) Psychosis, Schizophrenia and or taking MORI and Lithium drugs.
- Recent Stroke or taking Anti-coagulants, Antithrombotics or Fibrolytics
- Total Lactose intolerance
- Type 1 Diabetes or taking insulin
- Severe Kidney or Liver disease
- High Blood Pressure (programme above 1200kcal only with Doctors approval and monitoring)
- Diabetes with Medication -
- Gout (programme above 1200kcal only with Doctors approval and monitoring)
- Taking any prescribed medications (Doctors approval and monitoring required)
- Had any serious illness, injury, trauma or surgery within 3 months
- Had preventative Thrombosis medication in the last 6 months
- Had an Angina attack in the last 12 months
- Are about to undergo surgery
- Are Pregnant – Given birth in the last 3

months (or had a miscarriage 20+ weeks gestation) –

- Breast feeding (baby's sole source of nutrition)Pregnant / Breastfeeding or Women given birth within 3 months
- Children below 16 years
- Diabetics Type 1 or Diabetes Insipidus
- Within 3 months of Heart Attack, Operation, Serious Accident, Stroke
- BMI below 25
- Heart, Kidney, Liver Disease or Condition
- Porphyria (a rare genetic disease)
- Severe Depression
- Anorexia or Bulimia Nervosa

The following conditions do need Medical monitoring –

- Thrombosis or medical for Thrombosis within the last 6 months,
- An Angina attack in the last 12 months,
- Any serious illness, injury, trauma and or surgery in the last 3 months
- Diabetes 2
- Hypertension

NICE clinical guidelines 43 (2006) – There are further guide lines published on the NICE website www.nice.org.uk/ Issue date: December 2006 Obesity guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children

The health and wellbeing of our customers is our first priority.

Fluid recommendations

On The New You Plan you can drink water, any leaf tea and coffee. Our bodies need water to ensure they work properly, it is very important to give your body a regular supply of fluids. It is recommended that you drink between 2.5 and 4 litres of water each day. Treat your body like a water mill and give it a small regular supply of water to help it function efficiently. We advise that you drink one 500ml bottle of water per hour, continue this over a 5 or 6 hour period – it is dangerous to drink huge amounts of water at any one time – to flood your body in this way can be very dangerous. There is no magic number where fluid intake is concerned this will vary between different people due to their height, age, activity level and body-fat composition. Be guided by your own thirst and listen to your body.

The New You Plan information is for guidance only and should not be used in anyway as a replacement for the correct medical advice – We recommend that you do consult your GP or medical practitioner before starting any diet or exercise programme.

You must seek, get and then follow professional weight management advice before using these products as part of any weight loss programme.

Intensive weight loss by any means without professional supervision may irretrievably damage your health and can result in life threatening conditions and death.

How It Works

New You Plan Shakes & Meal Replacements have been specifically formulated to make your body burn fat rapidly! Yes, you read it right, our range of products actually help your body to burn fat fast (and they taste great!)

Millions of people around the world have found success using meal replacement diet plans, it is a proven system and in a society where obesity is on the increase, research shows that meal replacements are a successful long term weight loss and weight maintenance strategy.

The New You Plan is so successful because our products actually stop you from feeling hungry and craving high fat and sugar foods. As well as experiencing no hunger or drive for food you will notice that your mood is upbeat and positive and you feel full of energy and life!

If you want to fast track your weight loss and get to your slim healthy target weight fast, then following our **TOTAL FOOD REPLACEMENT** plan will kick start your weight loss and boost your confidence. The New You Diet Rapid Weight Loss

Under 17 Stone - 4 Products Per Day
Over 17 Stone - 5 Products Per Day

Results Programme uses a range of Total Food Replacement products. These products have been designed so that when they are taken alone, they will safely put your body into ketosis.

There is a great selection of products to choose from including diet shakes, soups, bars, hot meals, snacks and Porridge. When the products are taken as total food replacement your body will start burning fat more rapidly and you will see results **FAST!**



Ketosis

Understanding Ketosis and Rapid Weight Loss

Ketosis is a safe and natural occurring state that means that your body is burning fat rapidly because it is using your fat as its main source of energy. Normally our bodies use our food as our primary source of energy, but The New You Plan meal replacements have been specifically designed to make our bodies switch its main fuel source to our fat.

When you start The New You Plan you will create your daily menu plan from our range of delicious meal replacements. By taking 4-5 New You Meal Replacements per day your body will have an intake of between 450-800 calories a day, provided by the The New You Plan products which are scientifically formulated to ensure you get all the nutrients you need.

In the first few days of starting The New You Plan your body will initially use up its energy reserves of glycogen before starting to burn fats from its fat stores; this process normally begins after 3 – 4 days of the programme.

When the glycogen stores are used up, your body will then switch its main energy source to burning your fat. When fat is burned rapidly the body produces a by-product called “ketones” and the person is said to be in ketosis.

Key Ketosis Benefits

Many people refer to ketosis as being in heaven! It really is an amazing feeling when you get into ketosis and it makes losing weight and getting healthy a real possibility for people who have struggled to lose weight in the past.

The mild ketosis produced by The New You Plan products has a number of key advantages for dieters which makes weight loss not only rapid, but safe, comfortable and easy.

- Ketosis greatly reduces hunger pains.
- Ketosis creates a mild sense of euphoria.
- Ketosis gives a general sense of well being.
- Ketosis means your body is burning fat as your key energy source.
- Ketosis means your body is losing weight rapidly.

The First Few Days

It takes a few days to get into ketosis, which means it is possible that you may experience temporary discomforts in the first few days of the diet; these are mainly due to withdrawal from food especially carbohydrates. The rewards for getting into ketosis and staying there far outweigh some of the discomforts in the initial stages.



Secret Slimmers

In the first week you will really benefit from joining The New You Plan Secret Slimmers Group on Facebook. This is an amazing secret online community of people losing weight with The New You Plan. You will get great inspiration and tips to help you through the first week. You can find out how to join this group on our blog.

7 Day Kick Start

To help you through the first seven days and getting into Ketosis make sure you sign up for your free gift, daily videos and worksheets worth £47. Here is the website www.7daykickstart.com/vip



“Discipline is remembering what you want.”

Initial side effects in the first few days could be diarrhoea or constipation, headaches, thirst, dizziness, nausea and lack of energy but these are short lived and normally subside by day 4.

To relieve any initial discomforts please ensure you drink your water, take paracetamol and for sleeplessness use Melatonin or Nytol.

It is important that you drink plenty of water and stay focused on your goals and the reasons that you want to lose weight. You should view your New You Plan products as a medicine and remind yourself of the dangers and risks of being

overweight both to your physical health and also your emotional health and inner confidence.

Ketosis Test

Knowing that you are in ketosis provides much encouragement. You can test if you are in ketosis with a simple test called ketostix. This test provides encouragement to dieters to confirm that their body is in rapid fat burning mode.

This simple test is carried out by detecting if ketones are present in the urine, you can purchase ketostix from The New You Plan or from your local chemist.

The Ketosis Rules for Success

Protect your ketones! Staying in ketosis almost guarantees that you will get to your target weight. It makes your weight loss journey comfortable and gives you a great sense of well being. You want to protect this state, and ensure that you keep your body in ketosis.

Here are the very simple, but very strict rules that you need to abide by to guard your precious ketones!

1. Have 4-5 New You Products per day
2. Take a multi vitamin every day if you are using the high protein products.
3. Drink 2.5 – 4 litres of water steadily throughout the day (tap water, bottled still water and sparkling water are all fine, but NO flavourings and NO slice of lemon!)
4. Teas and Coffees are included in the water allowance. Teas can be black, white, or green leaf but not from flowers or fruit.
5. Milk – it is advised to avoid drinking milk with your tea and coffee, however if you want to have the occasional cup of tea or coffee with milk use skimmed milk only and never exceed 250mls per day. Black is best for Ketosis.
6. Artificial Sweeteners in tablet form is allowed in teas and coffees. Do NOT use the spoonable form of sweetener.
7. Do not use sugar free gum or mints as a breath freshener, only use mouthwash or Listerine Strips.

8. Take fibre powder to ensure that you do not suffer from constipation. If you do suffer from constipation do not ignore it, take the fibre to prevent it from happening and a senna, ducolax or bisacodyl to occasionally treat.
9. Do Not Nibble! It is very important not to eat or drink anything else apart from your servings of The New You Plan products. Even a nibble of an apple, semi-skimmed milk in tea or coffee or a fizzy diet drink may make you feel hungry and you may find it difficult to carry on. The feeling of going in and out of ketosis is not pleasant often causing muscle weakness and dizziness.

Side Effects

Long term side effects during the programme are often constipation and (very rarely) thinning of hair, which resumes its normal growth phase on completion of the ketosis phase. On most people the thinning of hair is not noticeable and it is only temporary.



How To Mix Products

You can view videos on how to mix products on our blog and you can download The Nutritional Information Booklet.

The New Plan You Product Mixing Instructions

Total Food Replacement Shake Sachets

Empty one packet in an electric mixer or blender, add 170ml - 200 ml of cold water and mix well, if you add some ice before you blend it, it will help to make it thicker and more luxurious! You can experiment with the amount of water that you use.

Some customers like to add more water. Experiment and find out what consistency you like the best. You could try 300-500 mls of water if you like!

You might also like to add a spoonful of coffee granules to the vanilla or chocolate shakes before you blend.

You can have the shakes hot or cold.

Porridge

For best results cook on the hob. Empty one packet into a saucepan and slowly add 140ml (you can add more if you prefer) of hot water while stirring all the time. Let it simmer for approx 5 mins or until it is the consistency that you prefer. It is naturally quite sweet but if you would like it to taste sweeter then dissolve a table sweetener into the water.

The porridge can also be made in a microwave. Mix the contents with 140ml of cold water and heat on high power for 2 minutes. Leave to stand for 1 minute and then enjoy!

Watch Video Demos



Soups

The safest and best way to make soups is to first make them cold like a shake and then slowly heat on the hob or microwave.

Add a sprinkle of pepper to taste.

Meals

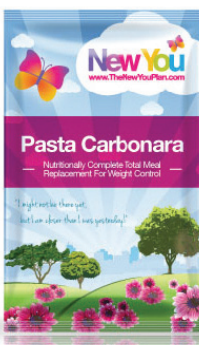
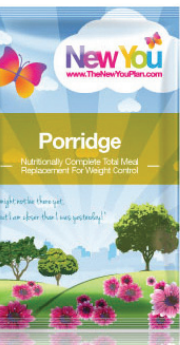
1 – Empty content of one packet into a small saucepan (or into a microwave safe bowl)

2 – Add 170 ml boiling water
3 – Bring to boil and simmer 5 to 7 minutes (or microwave on high for 2 or 3 minutes, stirring occasionally) - Add more water if required to get the right consistency.

4 – Remove from heat and enjoy.

ALL PRODUCTS SHOULD BE CONSUMED IMMEDIATELY

Illustrations of Mixing Instructions on our Website



TFR Checklist

QUICK GUIDE TO THE NEW YOU TOTAL FOOD REPLACEMENT PLAN

BEFORE YOU START!

☒ **DO** check your BMI

To do a Total Food Replacement Plan or Very Low Calorie Diet you should have a BMI of 25 or more.

☒ **DO** check you have no medical contra-indications.

Total Food Replacement is safe if you are in good health; please ensure that you have none of the medical contra-indications listed. (see page 8-9)

☒ **DO** seek the advice of your doctor
Your health is the most important thing that you have. You want to ensure that by following a total food replacement plan you are improving your health and not damaging it. ALWAYS seek medical advice before commencing on any diet or exercise plan.

☒ **DO** read and understand everything
Read this list of do's and don't and also read up about ketosis on The New You Plan website.

☒ **DO** ensure that you are mentally prepared and ready.

80% of your success on a diet will be how committed and determined you are. When you do total food replacement you need to be mentally focused and excited about starting! It is an exciting journey, you are about to transform your health and



appearance over the coming weeks and months. It is going to be hard work so you need your head to be in the right place before you start.

☒ **DO** weigh yourself and measure your vital statistics!

You want to know where you are starting from so that you can really see the results on the scales and also see how many inches are dropping off you every week! So get your starting point and keep records! As the saying goes "What gets measured always improves"

☒ **DO** take a before picture!

If you are overweight then like most people you could well have avoided the camera for a while. But it is a great idea to get some before pictures taken, front view, side view, back view! You can ask a family member or friend to do this for you and then take pics every couple of weeks, the difference will be amazing and it will make you realise how much you have achieved!

✓ **DO** clear your social calendar!
When you do total food replacement the first week or so can be quite tough, as your body will be going through a lot of change and adjustment and withdrawal symptoms! It is best to keep your social calendar free, especially for events where food and drink will be served. Once you see the results and get into ketosis you will find you have the willpower to resist food and drinks when you go out, but to be on the safe side, it is best to avoid these situations in the early days.

✓ **DO** get a blender
You will want to ensure that your shakes are nice and smooth and creamy, if you do not have the right equipment to make the shakes (and soups) then they will be lumpy and not that nice! You can invest

in an electric hand blender or a blender bottle. You can get an electric hand blender for about £5.00 so it is a worth while investment!

✓ **DO** join in with The New You Plan community. We have Secret Slimmers and weight loss challenges.

✓ **DO** watch The 7 Day Kick Start at www.7daykickstart.com/vip



Amanda Finch “Have tried quite a few plans before and never really stuck at it but the support you get from NY is fabulous and the SS facebook page is my life saver. Have stuck religiously to the NY plan as the food makes it easy, the bars and wafers are to die for you wouldn’t believe these are diet food. I would recommend this plan to one and all as it not only gives you the results we all aim for but new friends to share the journey with, Thank-you NEW YOU xxxxx”

Ruth Wilson “Great plan. Have tried TFR before but shakes were no where near as nice as the new you ones. So exciting to see the weight and inches drop off. Feel great too. I work nights so always a bit sluggish...energy to burn now. LOVE LOVE LOVE it xx”

Lesley Ross “what is so great is the support from everyone on line. the staff at New You really care about us and answer every question. This is so motivating. Julie Ann writes wonderful messages every day to keep us going.”



Refeed and Maintenance

Making the transition from **TOTAL FOOD REPLACEMENT** to eating conventional foods can be a daunting thought for anyone who has relied on meal replacements for a while. The New You Plan has come up with a solution to remove the fear associated with refeeding & maintaining.

It is important to remember that the new you is a journey and not a destination. Once you get to your goal, your journey is not over, the new you is an ongoing process, and you need to stay focused and take on the new challenge of relearning portion control and healthy eating.

We recommend that you join our **MOMENTUM MAINTAINERS** group on facebook. This is a secret group, and everyone in this group is refeeding and maintaining, so you can continue to get support and share tips with other people who are in the same situation as you.

Starting out on the next phase of your new you journey, you will be concerned about portion sizes, what foods to eat and possible weight gain. Everything is very simple with meal replacements, and we want to keep this simple approach to your refeed and maintenance. This is why we recommend that you use the diet plate along with The New You Plan meal replacements. The slower the refeed the better, as this gives your body and mind time to adjust. Remember that you are not in a hurry to get anywhere, once you are at your desired healthy weight, then your main

goal now is to maintain and learn new portion control and healthy eating plans. Take time with this.

Please also be aware that once you start eating conventional food again you will put on 4-5 pounds. This is due to the glycogen stores in the muscles being replenished once you exit ketosis. Therefore, it is recommended to drop an extra 4-5 pounds more than your target weight to allow for this.

We call this stage **REFEED AND RELEARN** as you are relearning healthy portion sizes and healthy food options. We recommend that you introduce carbs slowly and follow the ideal timescales in the table below. When you order the refeed and relearn bundles you will get a full information booklet to show you what to eat on your diet plate. You can order these from our website www.thenewyouplan.com

Total Food Replacement is the fastest and easiest way for you to achieve your weight loss goals. It does seem harder, but once you get into ketosis it actually becomes very easy. However there are many reasons why total food replacement may not suit you, this could be for lifestyle reasons, holiday times, medical reasons and emotional reasons. Whatever the reason that you cannot do total food replacement, then you can review the refeed and relearn options to find a solution that incorporates meal replacements and healthy foods that suits your requirements, lifestyle, physically, mentally, emotionally and medically.

STAGE	Min Time	Ideal Time	Meal 1	Meal 2	Meal 3	Meal 4
1	2-3 Days	2 Weeks	NY Product	NY Product	NY Product	Diet Plate Zero Carb
2	2-3 Days	2 Weeks	NY Product	Diet Plate Zero Carb	NY Product	Diet Plate Zero Carb
3	2-3 Days	2 Weeks	NY Product	Diet Plate Healthy Carb	NY Product	Diet Plate Zero Carb
4	2-3 Days	2 Weeks	NY Product	Diet Plate Healthy Carb	NY Product	Diet Plate Healthy Carb
5	2-3 Days	For as long as you need to	Diet Plate Healthy Carb	Diet Plate Healthy Carb	Diet Plate Healthy Carb	Healthy Snacks

EMERGENCY REFEED – 7 DAY REFEED.

We recommend following our refeed and relearn programme, and taking the time to introduce foods slowly and relearn about portion control and healthy food options. However if you are short in time and don't want to follow the diet plate for portion control and healthy eating guide then you should follow the 7 day refeed program.

Day 1,2 & 3 - No bread, potato, rice, pasta, fruit or alcohol.

Day 1

3 New You products

Plus one meal consisting of lean protein and vegetables from the list below.

Day 2

2 New You Products

Plus 2 small meals of protein and salad from the list below.



Day 3

As Day 2 only with one meal have some potato (no butter)

Potato can be boiled, mashed, baked (use skimmed milk if mashing)

Day 4 Onwards you can start to introduce wholegrain breads, pasta, brown rice and fruit.

It is advisable not to drink alcohol until Day 7.

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Follow us on twitter - www.twitter.com/newyouplan



Join Secret Slimmers - Find Out More - www.thenewyouplan.com/blog



Motivation, Challenges & Videos - www.thenewyouplan.com/blog

EMAIL ADDRESS IS support@thenewyouplan.com

Placing Your Next Order?

Please dont leave it to the last minute, order a few days in advance. Take account of the weekends. We always do our best to get your packs to you ASAP. 95% of packs do arrive within 2 working days.