



NEW YOU HEALTHY NUTRITION GUIDE

REFEED INFORMATION

Refeed consists of...

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 breads, fruit, pasta, rice.

It is advisable not to drink alcohol until Day 7.

You will want to follow a VLCD (Very low calorie diet) for about 3-5 days, and then you can decide if you want to remain on the VLCD or move to an RCD (restricted calorie diet 800-1200)

A VLCD is classified as between 450 and 800 calories. You can have these calories from our range of products and also from a selection of healthy conventional food.

It is socially preferable and psychologically desirable to have controlled portions of conventional foods. Some conventional food combined with a little exercise stimulates your metabolism and as such both significantly increases thermogenesis (the burning of your fat) and your overall feeling of general well being.



FOOD TO EAT WITH MEAL REPLACEMENTS

The foods that you should strictly adhere to on the VLCD include:- (very low calorie diet)

Protein - 110gms / 4oz portion

- Skinless Poultry
- All shellfish
- White Fish
- Oily Fish
- Lean Mince
- Lean Beef
- Lamb
- Ham
- Pork
- bacon
- 2 medium sized eggs boiled, poached or scrambled
- Plain low fat cottage cheese
- Quorn
- Soya
- Tofu

Salad & Vegetables - in any amount

- Alfalfa Sproutes
- Artichokes
- Asparagus
- Aubergine
- Bamboo Shoots
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Chicory
- Courgettes
- Cucumber
- Fennel



- Green Beans
- Leeks
- Lettuce
- Mangetout
- Marrow
- Mushrooms
- Onions
- Pak Choi
- Peppers
- radish
- Rocket
- Spinach
- Watercress
- Water Chestnuts

For the first 3 days after Total Food Replacement you should not eat any bread, potato, rice, pasta, fruit, alcohol or fruit juices. After 3 days if you wish to continue on the VLCD diet then you can include the following:

Salad and Vegetables - In Limited Amounts

- 1 tablespoon of raw carrot, olives, sweetcorn, squash, swede or turnip
- 1 tomato, 2 slices of beetroot or half an avocado per day

Fruits and Nuts - In Limited Amounts

- Half a cup of raspberries, strawberries, blackberries, blueberries or cherries
- Half a grapefruit or mango
- A small apple, orange, passion fruit, peach, plum, satsuma or tangerine
- Small Handful of uncoated nuts and/or seeds

You can also have skimmed milk (recommended to keep this under 250ml per day).

Taste Tip!

Always enhance the flavour of your food with herbs and spices. Pepper, garlic, worcester and tabasco sauces, balsamic, mustards, horseradish, chilli, cumin are all thermogenics and may increase your capacity for additional weight loss!!



RCD Instructions (restricted calorie diet)

You can stay on the VLCD diet for as long as you wish, however you may want to eat more foods, and the RCD gives you the option to eat up to 1200 calories per day. You can take the 1200 calories from the New You diet products as well as the list of foods that provided for the VLCD list.

When you move to the RCD then you can increase the amount of lean protein you eat, so that includes chicken, fish, quorn etc. You can also slowly introduce some "good" carbs.

You should keep fat to an absolute minimum, so don't eat any fatty foods.

You want to aim for a diet that is high in vegetables, fruit, good proteins and whole grains as a source of carbohydrates.

Live Foods (fruit and veg) should make up the biggest part of your diet: An example would be to have plenty of vegetables from the list above, also the best fruits to eat on the RCD are low sugar fruits like avocado, lemon, lime, tomato and grapefruit. (Fruit should be eaten in moderation.) You can also eat a larger quantity of the limited salad and vegetables including olives, carrot, sweetcorn, squash, swede, turnip, beetroot and tomato.

Proteins should include vegetable, fish and lean animal. Vegetable proteins include: nuts, seeds, legumes, almonds, brazil nuts, hazel nuts, lentils, pine nuts, pumpkin seeds, sunflower seeds. And you can also include fish and animal proteins from the list given above.

Carbohydrates should ideally be whole grains such as basmati and jasmine rice, buckwheat, quinoa, tortilla wraps, noodles, soya and linseed bread. Grains provide fibre which is very good for the body. You should avoid white bread, potatoes, white rice and sugar.

It is also advisable to take a good multivitamin and omega 3 & 6 oil.



Ideas for healthy meals include:

Open sandwiches

Examples

Open faced chicken salad sandwich

Open faced tuna salad sandwich

Healthy Soups

Examples

Roasted butternut squash soup

Vegetable soup

Carrot and Lentil Soup

Stir Frys

Examples

Stir Fry Vegetables with noodles (use chinese 5 spice powder)

Kind Prawns with stir fry vegetables

Rice Dishes

Chicken and vegetable curry (use curry powder and tin of tomatoes) served with basmati rice

Chilli con carne (use a jar of low calorie, low fat chilli con carne sauce) Use quorn instead of mince meat and serve with basmati rice

Packet of New You Red Bean Chili – add extra kidney beans from a tin when cooking and serve with a side salad.

Wraps

Examples

Roasted vegetable wrap with hummus

Chicken salad wrap

Vegetable fajitas (use fajita powder spice mix)

Fish Dishes

Grilled Halibut (or other fish) covered in peso sauce, served with asparagus and salad

Grilled salmon served with baby potatoes and broccoli and cauliflower

Baked salmon with roasted vegetables and green salad

Seared tuna with tabasco sauce, served with green beans, basmati rice and sprinkled with crushed pecan pine nuts.

Chicken and Meat

Roasted lamb served with roasted red pepper, sweet potato and salad

Beef ribs braised in a white balsamic and worcester sauce glaze served with basmati rice and veg stir fry

Chicken breast baked in garlic and served with favourite vegetables and a few baby potatoes



There are some great quorn products which taste very like meat, for example cocktail sausages and chicken satay sticks. These are great healthy low calorie, low fat and high protein options that are good for a snack.

Another great snack is celery cut up and then dipped into a low fat hummus dip, or cairns oat cakes are a great low GI product.

Do not have any sweet foods, high in sugar. The New You diet products are great if you fancy something sweet, and these will not give you the low and cravings that follow eating high sugar products.

Following this plan will set you up for success, and give you the confidence that when you get to your target you will be able to maintain your healthy slim figure and live a vibrant happy healthy life!