

How to Complete the Program

Phase One: Intense



Follow the program
below for 6 weeks

Phase Two: Pulse



2 week diet break cycled with 2 weeks
on the diet until goal weight is achieved

Phase Three: Maintain



When goal weight is achieved,
adhere to wellness diet pyramid

Choose One Eating Plan, Based on Patient Presentation

Ketogenic

Low Fat

Two healthy wholefood meals consisting of 3 serves of vegetables, 1 palm size portion of protein:



Plus healthy oils

Plus 1 serve of
wholegrains



Plus 2 Snacks

Plus 1 Snack

Plus One Meal
Substitute



Plus Probiotic

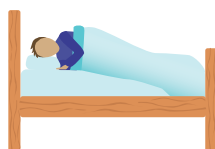


Ultra Flora MetaControl

Lifestyle



Exercise: 180 minutes per week
(e.g. 6 x 30 minutes)



7 to 8 hours sleep



6 to 8 cups of water

Monitor



Regular consultations,
weigh-in and support



Ketostix*



Track diet and exercise



Body composition

*Only applicable to Ketogenic