

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

Type of Diet	VLCD	VLCD	LCD	LCD	Maintenance
Products Per Day	3	3	3	3	3 > 1
Additional Food	No	Yes	Yes	Yes	Yes
Average Calories Per Day	600	700	1000	1200	1000 > 1600

**\*You must not** use Exante Diet products if you are under the age of 18, or over the age of 70, underweight, pregnant, breastfeeding, have any medical condition which affects your dietary requirements including behaviour disorders or eating disorders (including bulimia and anorexia) or have active cancer or have had any treatment for cancer in the last 3 months. **You must complete** our BMI and Contraindications check before you can purchase Exante Diet products. You will be prompted to do this during the checkout process. Read more about BMI and the Contraindications check. We recommend that you consult a GP before embarking on any weight loss programme.



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

### Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Total Solution

If you're motivated and want simple, safe and effective weight loss then Total is the solution for you.

**Total Solution** is a very low calorie diet (VLCD) where all conventional food is replaced with Exante Diet meal replacements, giving you a total daily intake of just over 600kcal. Each day you will replace all conventional food with 3 meal replacements. You can choose to have a mixture of soups, shakes, bars and ready meals. Some people prefer to stick to just one thing, the choice is yours. 3 Exante meal replacement products per day will give you 100% of your RDAs for vitamins and minerals plus the right amount of protein, fat and carbohydrates for safe, effective weight loss.

The National Institute for Health and Clinical Excellence (NICE) recommends that VLCDs should not be followed for long periods of time without a break and EU regulations state that total dietary replacement programmes should not be followed for more than 3 weeks without seeking medical advice. With this in mind we advise that every 3 weeks you follow a [Low Calorie Diet \(LCD\)](#) for a week before returning to VLCD. This is known as Low Calorie Week.



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Total Plus Solution

Looking for a very low calorie diet but still want a little conventional food? Then our Total Plus Solution could be perfect for you.

**Total Plus Solution** is a Very Low Calorie Diet (VLCD) offering simple, safe and effective weight loss, while still giving you the opportunity to eat a small amount of conventional food. In addition to the 3 meal replacement products of your choice per day, you can also consume up to 100kcal of low carbohydrate vegetables from a restricted list which can be found on our website, [www.exantediet.com](http://www.exantediet.com). These vegetables have been specifically chosen to be lower in carbohydrate and you should aim to have no more than 100kcal and 5g of carbohydrate each day coming from these foods. You can also add up to 200g of konjac noodles, pasta or rice each day and season your meals with a range of condiments, herbs and spices. The National Institute for Health and Clinical Excellence (NICE) recommends that VLCD's should not be followed for more than 12 weeks continuously. With this in mind we recommend that you do not follow the Total Plus Solution for more than 12 weeks without a break.



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Working Solution

**Work, family or social commitments? The flexibility of Working Solution will help you reach your target.**

**Working Solution** is a Low Calorie Diet (LCD) offering simple, safe and effective weight loss, while still giving you the opportunity to eat a daily meal. In addition to the 3 meal replacement products of your choice per day, you should also consume a further 400kcal of high protein/low carbohydrate foods, giving you a total daily intake of just over 1000kcal. As with all our solutions, you can drink black coffee (regular or decaffeinated) and any tea which comes from the leaf, root or seed. Milk may be added if you wish but should be calculated in your daily calorie intake. Tablet sweeteners are recommended over granulated sweetener or sugar. Other drinks are discouraged as they may contain carbohydrates or citric acid, which can affect the fat burning process ketosis. More details on ketosis and a number of recipes suitable for the Working Solution can be found on our website, [www.exantediet.com](http://www.exantediet.com).



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Simple Solution

A calorie controlled diet offering simple, safe and effective weight loss while still giving you the opportunity to eat a daily meal.

**Simple Solution** can be used by those on medications and with most medical conditions, after discussion with your GP. This is important as they are best placed to advise you on whether this type of diet will have an impact on your condition or to determine if any medication you are taking might need adjustment on starting the diet. In addition to your 3 daily meal replacement products, you should consume a further 600kcal of conventional foods, giving you a total daily intake of just over 1200kcal. You may choose to have one meal of 600kcal or have a smaller meal and use the additional calories for snacks, the choice is yours. Examples of appropriate food choices and recipes can be found on our website, [www.exantediet.com/recipes](http://www.exantediet.com/recipes).

We recommend that you drink at least 2 litres of fluids per day. You can also drink coffee (decaffeinated or regular), tea of your choice or other low calorie drinks in order to stay well hydrated. Milk may be added if you wish but should be calculated in your daily calorie intake. Sweeteners are recommended over sugar.



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Stabiliser

**Designed to help you move from your chosen diet solution to a healthy balanced diet.**

**The Stabiliser** programme will help you decrease your use of meal replacement products and increase the amount of conventional food you eat. There are four stabiliser steps, week by week you'll be increasing your food and calories in a steady controlled way. If you are moving from the Total or Total Plus Solution you should do all four steps. Those of you moving from Working Solution will start at step two and those of you already eating quite a lot of conventional food as you've been on Simple Solution should start at step three.

Each step should be followed for at least one week, you may find you want to repeat a week depending on how you feel your body responded to the new foods that week and how stable your weight is. The Stabiliser Programme is all about experimentation and finding the right amount of calories and carbs for you, so you maintain your weight and feel comfortable.

Further information on each of the steps shown below, along with examples of how to structure your daily food intake can be found on our website, [www.exantediet.com](http://www.exantediet.com).



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Low Calorie Week

During Low Calorie Week you should continue to consume 3 Exante meal replacement products per day. In addition to this, you should consume at least **201kcal** per day of conventional food. The choice of food is yours but we recommend you select foods which are **low in carbohydrate**, such as lean protein and green vegetables/salads, for ongoing weight loss and to stay in ketosis. More details on ketosis can be found on our website, [www.exantediet.com](http://www.exantediet.com).

Those of you looking to continue to abstain from conventional food then a milk allowance of **201kcal** per day may be more appropriate. Other options - you may, if you wish, follow our 1000kcal per day Working Solution or 1200kcal per day Simple Solution during Low Calorie Week. Please note, as these plans are higher in calories, weight loss may be slower or absent this week. You may also come out of ketosis if higher carbohydrate foods are chosen.



## Ready to get started?

If you're ready to say hello to the new you, visit our shop to order your products. Remember, you only need 3 Exante Diet meal replacement products a day on any of our diet plans.

[Start now](#)

Simple weight loss...

# See our Plans...

[Home](#)[Total Solution](#)[Total Plus Solution](#)[Working Solution](#)[Simple Solution](#)[Stabiliser](#)[Support](#)

## Support

We realise how difficult it can be to go on a diet, that's why we offer our support in the form of our forum, blog and social media where you can share your experiences with other dieters.

[facebook.com/exantediet](https://facebook.com/exantediet)[twitter.com/exantediet](https://twitter.com/exantediet)[youtube.com/exantediet](https://youtube.com/exantediet)[forum.exantediet.com](https://forum.exantediet.com)[exantediet.com/blog](https://exantediet.com/blog)

Simple weight loss...