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Use three Exante Diet meal replacements daily plus a range of healthy foods in line with your preferred calorie intake to help you lose weight. Stay well hydrated especially in warmer weather or when exercising and combine with 20 minutes of light to moderate exercise daily for best results.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	 <p>Exante Diet Cheese &amp; Bacon Breakfast Eggs</p>	 <p>Greek Yogurt, Fruit &amp; Almonds</p>	 <p>Exante Diet Apple &amp; Cinnamon Porridge</p>	 <p>Exante Diet Vanilla Cereal</p>	 <p>Exante Diet Cheese &amp; Bacon Scone</p>	 <p>Eggs &amp; Bacon</p>	 <p>Exante Diet Maple Syrup Pancakes</p>
LUNCH	 <p>Exante Diet Tomato &amp; Basil Soup</p>	 <p>Exante Diet Double Chocolate Bar</p>	 <p>Tuna Nicoise Salad</p>	 <p>Exante Diet Red Thai Chicken Soup</p>	 <p>Exante Diet Pasta Carbonara</p>	 <p>Exante Diet Chocolate Orange Shake</p>	 <p>Cream Cheese &amp; Salmon Bagel</p>
DINNER	 <p>Tex Mex Steak Fajita</p>	 <p>Exante Diet Shepherds Pie</p>	 <p>Exante Diet Spaghetti Bolognese</p>	 <p>Chicken &amp; Prawn Quinoa Jambalaya</p>	 <p>Mozzarella Stuffed Chicken Breast</p>	 <p>Exante Diet Sausage Mix</p>	 <p>Exante Diet Pizza</p>
SNACK	 <p>Exante Diet Peanut Butter Bar</p>	 <p>Exante Diet Blueberry Smoothie</p>	 <p>Exante Diet Honeycomb Shake</p>	 <p>Exante Diet Goopy Chocolate Pudding</p>	 <p>Deliciously Different Cookies &amp; Cream Bar</p>	 <p>Exante Diet Cherries and Berries Shake</p>	 <p>Exante Diet Lemon Bar</p>

Our products are not suitable for pregnant or breastfeeding women or children under the age of 18. Always seek medical advice before embarking on any weight-loss programme to determine you are medically eligible if you are on medication.