

exantediettm
Simple Weight Loss...

Your Introduction to Exante Diet

www.exantediet.com

Contact Us

Questions? It's easy to get in touch...

Customer Services

At Exante Diet, we're always here to help. So if you need any support, or want to ask us anything, it couldn't be easier.

Feel free to call our customer advisers who will be happy to help in any way they can.

Telephone: 0844 249 5030

Also, you can always contact us via your online account.

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.

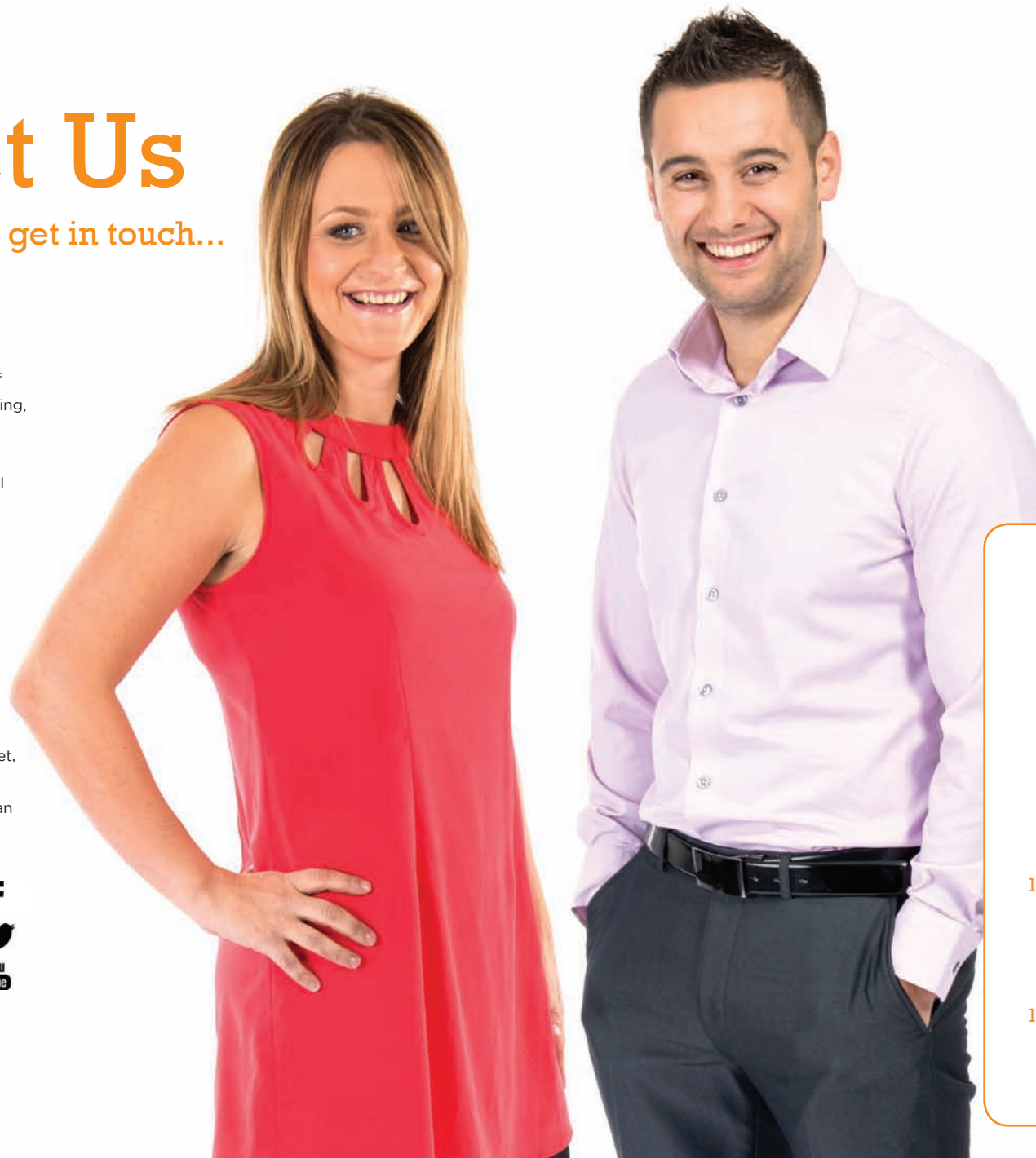
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exantediet.com/blog



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Which Solution is best for you?

Here at Exante, we offer 4 Diet Solutions, each solution is specifically formulated to care for your individual dieting needs...

1
Total
Solution

2
Total Plus
Solution

3
Working
Solution

4
Simple
Solution



Below are 4 Diet plans, each depending on which Diet Solution you wish to follow, your eligibility and desired speed of weight loss.

Solution	1. Total	2. Total Plus
BMI	25+	25+
Calories per day	600	700
What you'll eat & drink each day	3 Exante food packs and 2-4 litres of fluids such as black tea, black coffee and water	3 Exante food packs, up to 100kcal low carb vegetables and 2-4 litres of fluids such as black tea, black coffee and water
Expected duration	3 wks of VLCD followed by 1 week of increased calories "Low calorie week" - add 200-600 of extra calories each day every 4th week	Up to 12 weeks continuously then a break for at least 1 week
Will I go into ketosis? (heightened fat burning)	Yes	Likely
Optional Exante extras allowed	Drinks Mix (4tsp per day max)	Drinks Mix (4tsp per day max)

Solution	3. Working	4. Simple
BMI	25+	20+
Calories per day	1,000	1,200
What you'll eat & drink each day	3 Exante food packs plus 400 kcal of low carbohydrate food and drinks, 2+ litres of fluids	3 Exante food packs plus 600 kcal of food and drink, 2+ litres of fluids
Expected duration	Ongoing weight loss until goal is achieved	Ongoing weight loss until goal is achieved
Will I go into ketosis? (heightened fat burning)	Likely	Unlikely
Optional Exante extras allowed	Drinks Mix (4tsp per day max)	Drinks Mix (unlimited)

1. 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.

1
Breakfast



2
Lunch



3
Dinner



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.

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. Always follow the **pointers on the next page** when following an Exante Diet Solution to ensure safe and healthy weight loss.



While undertaking any of the Exante Solutions, we recommend that you follow the pointers below to ensure healthy, safe and effective weight loss.

You should have **3 meal replacement products** of your choice per day. 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**.

We recommend that you drink between **2-4 litres of fluids** per day to keep you well hydrated and comfortable. Large amounts of water consumed in one go can be dangerous, so small amounts spread throughout the day is recommended. Water can be still or sparkling, and for those of you who don't like plain water why not try adding flavour with an Exante drinks mix. You can also drink black coffee (decaffeinated or regular) and any tea which comes from the leaf, root or seed (avoid fruit teas and those from the flower).

2. 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. 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.

Always follow **the pointers opposite** when following an Exante Diet Solution, to ensure safe and healthy weight loss.



2. 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. Always follow **the pointers on page 8** when following an Exante Diet Solution, to ensure safe and healthy weight loss.

3. 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. 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. Always follow the **pointers on page 8** when following an Exante Diet Solution, to ensure safe and healthy weight loss.



“ It’s never too late to
become the person
you want to be ”

- George Elliott

Low Carb Veggie Pizza

Serves 1

Prep time:
15 minutes

Cooking time:
25-30 minutes

This nutrient packed recipe gives you all the flavour of a pizza but without the extra fat, carbohydrates and calories.

Method:

- 1 Preheat oven to 190°C. Spray a baking sheet with 1 kcal spray e.g. Frylight. Place the aubergine slice onto a baking sheet and cook until slightly soft, about 20 minutes.
- 2 Combine crushed tomatoes, garlic and Italian seasoning. Mix well. Remove the aubergine slice from the oven and evenly spread the tomato mixture over the top.
- 3 Sprinkle with mozzarella/cheddar cheese and evenly top with mushrooms, pepper, and onion. Pop back in the oven until the cheese has melted and the toppings are hot. Sprinkle with parmesan, serve with a green salad and enjoy.

Ingredients:

1 x 1/2 inch thick aubergine slices cut lengthwise and patted dry (100g approx)
2 tbsp. tinned tomatoes, crushed
1 med sliced mushroom
1 tbsp. chopped yellow pepper
1 tbsp. chopped onion
1/2 tsp. chopped garlic
Sprinkle of Italian herb seasoning
1 tbsp. grated mozzarella or cheddar cheese
1 tsp. parmesan/pecorino/grand padano

Working and Simple Solution Recipes

You can if you wish, use a meal replacement product as the basis of your meal, such as our pasta carbonara, adding some chicken and mushrooms and serving with green vegetables.

When you are on Working Solution, choosing low carb, high protein foods may be difficult. To inspire you, as well as this delicious recipe for Veggie Pizza, we have many more suggestions on our website, www.exantediets.com/recipes.



Nutritional Information

Energy (kcal)	151
Protein (g)	8.7
Total Carbs (g)	8.7
Sugars (g)	0.5
Total fat (g)	8.5
Saturated fat (g)	5.3
Sodium (mg)	188
Fibre (g)	2.6



Making your meals

Shakes

Add **200-250mls of water** and use a hand blender for a creamy consistency. Shakes can also be served hot if preferred. Why not try a hot chocolate or hot banana for a warming custard style option? Add coffee to vanilla shake for a latte style drink or add Exante Diet drink mix to make a fruit smoothie. Mix the orange drink mix with a chocolate shake to make a chocolate orange flavoured shake, enjoy hot or cold. Mix crushed ice to any Exante Diet shake to make it super thick and cold.

Soups

Add **200-250mls of boiling water** and use a blender for a smooth consistency.

Porridge

Mix **200mls of cold water** and microwave on full power for 2 minutes, stirring occasionally. If you don't have a microwave then porridge can be prepared in a pan. Feel free to add cinnamon or nutmeg to taste or add blackcurrant drink mix to a bowl of porridge to make it taste like jam.

All Packs

Feel free to add seasoning to your packs, such as salt and pepper, tabasco, garlic powder, herbs and spices. Tablet sweeteners are recommended rather than powdered, as these are lower in carbohydrates.

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.

Step	Calories per day approx	Average carbs	Products per day	Food
Total / Total Plus	600 - 700kcal	55-65g	3	None
1	1000kcal	70g approx	3	400kcal
2	1200kcal	80g approx	2	800kcal
3	1400kcal	100g approx	2	1000kcal
4	1600kcal	Unlimited	1	1400kcal
Weight Management	Variable		Optional	

Success Stories

Read the inspiring stories of our dieters, they have done it, so you can too!



Jessica Weight lost: 5st 10lbs

“Thank you
Exante”

“I had been overweight my entire life. Words like curvy, big and beautiful, voluptuous were always words that described me. I spoke with a colleague who was starting Exante the following week and asked if I would like to join her. I started Exante on 10/02/2013. I found the first three days the hardest, mainly because I still had to continue cooking for my husband and my little girl. However I knew in my head that once ketosis kicked in I would be much happier, and I was. By the end of the first week I felt great, then I stood on the scales and... 11lbs off!!! Amazed this spurred me on to continue. I weighed in every week in Boots, it meant that I had a ticket every week of weight loss! It was a great motivator. 18 weeks later I am now 13st 10lbs and have smashed my target of 5st! I can't believe this is my body. Thank you Exante, you saved my life!”

Joe Weight lost: 2st 4lbs

“I weighed 15st 4lbs and ideally wanted to achieve a target of 13st, I wasn't sure how long this would take but I was determined to stick to it, no matter what. I've had a bar in the morning, soup for lunch and shake for tea. I've drank plenty of water daily and not consumed anything else within this time. I've found it very tough at times but I realise the hard work needs to continue in order to maintain my weight. I feel immensely proud of my willpower and determination to lose over 2 stone but couldn't have done it without Exante.”



Nicola Weight lost: 3st

“I decided to start using Exante Diet as I have had 2 babies in less than two years and I wanted to look like me again and not just a mummy! What I liked about Exante Diet was that I could have just the three packs a day and I then didn't need to worry about preparing food.

“I feel like
myself
again”

I have gone from a size 14/12 to a comfortable size 10 and I still have a month's supply of Exante left which I will continue to use to help me sustain my weight loss. I cannot thank you enough Exante for making me feel like myself again!”



After



“I feel
immensely
proud”

Top Tips

Keeping you on track.

Drink 2-4 litres of fluid per day to ensure you stay well hydrated. We recommend water (still or sparkling), black coffee and teas which come from the leaf, root or seed (avoid teas from the flower or based on fruit). Exante Diet also has a range of drink flavourings if you would like to add some interest to plain water.

Remember to have your **3 Exante meals a day**. This will ensure you meet all your nutritional requirements and keep you safe and well when losing weight.

Exercise. Whether it's a trip to the gym, a short walk or taking the stairs, the more you move the quicker you will achieve your goal.

Stay positive and focused. If you lapse, don't beat yourself up, just get back on track and remember your long term goals.

Personalise the plan, figure out what works best for you.

Weigh yourself once a week. Weighing yourself every day can lead to confusion and disappointment as body weight can go up or down day to day, due to water retention, bowel habits and menstrual cycle. Don't forget to measure yourself once a month too.

Try not to get hung up if you don't lose as much in your second week as in your first. Most people experience greatest weight loss in the first week.



Contraindications

Please do not follow any Exante Diet Solution if any of the below apply to you:

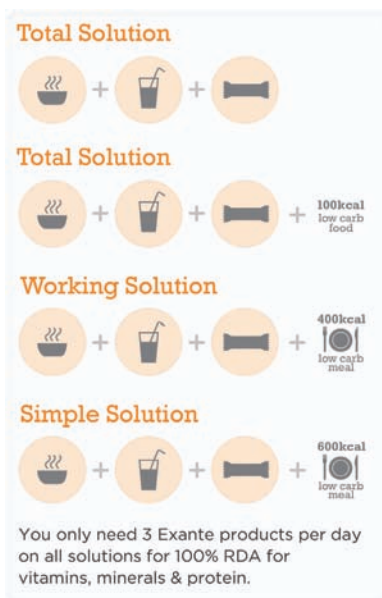
- You are under 18 or over 70 years
- You are underweight
- You have active cancer or have had treatment for cancer in the last 3 months
- You are pregnant or breastfeeding
- You have any medical condition which affects your dietary requirements (including behavioural disorders or eating disorders such as anorexia or bulimia)

To follow Total, Total Plus or Working Solution you will need a minimum BMI of 25, and a Minimum BMI of 20 to participate in our Simple Solution. If you have any of the following contraindications, you are not eligible to participate in our Total, Total Plus or Working Solutions. You may however be able to follow our Simple Solution, a 1200kcal per day calorie controlled diet, if your GP is agreeable.

- A severe psychiatric disorder including bipolar disorder, psychosis and schizophrenia, or are taking MAOI or lithium drugs
- Depression of more than a minor degree
- Taking ANY prescribed medication
- Porphyria (active or latent), gout, angina, hypertension (medicated)
- Given birth (or have had a miscarriage at greater than 20 weeks gestation) in the last 3 months
- Type 1 or Type 2 diabetes requiring medication e.g. insulin, metformin, sulphonylureas etc, or those at risk of hypoglycaemia
- A history of irregular heart rate e.g. arrhythmia, bradycardia, tachycardia or SVT
- Taking any medication to treat or regulate heart rate
- Any heart condition including heart disease, heart failure, valve disease, angina or arrhythmia and anyone who has had a heart attack or cardiac arrest
- Epilepsy, seizure and convulsions (other than febrile convulsions), or taking anti convulsive drugs
- Has had a stroke or is taking anti-coagulants, anti-thrombolytics or fibrinolytics
- Severe kidney or liver disease, or are about to undergo surgery
- Had any serious illness, injury, trauma or surgery in the last 3 months

If you would like to discuss your suitability further, feel free to call our customer service advisors who will be happy to help in any way they can. Telephone: 0844 249 5030. Alternatively, you can always contact us via your online account.

Exante Diet...



Total Solution

Total Solution

Working Solution

Simple Solution

You only need 3 Exante products per day on all solutions for 100% RDA for vitamins, minerals & protein.

Simple and Effective Weight Loss

- Lowest price total meal replacements
- 100% RDAs for vitamins and nutrients
- Free next working day delivery
- No aspartame
- No artificial products
- No GM products
- No monosodium glutamate

Refer your friends and earn points...

Introduce a friend to Exante Diet and not only will they receive a first order discount, but you will receive 10 reward points for every £1 they spend. This means that if they buy a Bumper Pack, you will be rewarded with £10 worth of credit!

All you need to do is log in to your Exante Diet online account and e-mail family and friends using the "Refer a Friend" tool in the reward points section of your profile or post your code on Facebook, Twitter or your favourite forums.

Want to be our next Success Story and WIN a luxury SPA for 2?*

Don't forget to take a picture before the start of the diet and send it along with your after picture to social@exantediet.com, we look forward to hearing from you and celebrating your success together!

*Ts & Cs apply