

5:2 Intermittent Fasting Plan

As news of the 5:2 Intermittent Fasting Diet sweeps the UK, we would like to support those using this plan for weight loss and weight management with our products and knowledge. Intermittent Fasting (IF) is based on the work of leading scientists from around the world and an exciting new alternative to standard dieting.

If we were asked to quickly sum up the Intermittent 5:2 Fasting Diet for weight loss.... both women and men would simply eat healthy foods for five days of the week and for two non-consecutive days reduce their calorie intake to around 500-600 calories. It's that simple!

The KeeDiet® simplify this well-known weight loss and weight management plan even further, by suggesting on the 2 Fasting Days both women & men consume four KeeDiet Meal Replacement packs each day.

Adopting this simple system will provide you with the required 500-600 calories on each fasting day whilst enjoying four occasions to eat. Plus, you will receive 100% RDA for your daily nutritional requirements to ensure you remain in tip top condition whilst slimming. Eating small and often on your fasting days will also help keep your metabolism working with the high protein / low carbohydrate content of the KeeDiet® products, helping you to control hunger pangs, cravings and allow you to enter fat burning.

The Diet Basics This leaflet provides a handy overview of the 5:2 Intermittent Fasting Plan. As this Plan is not designed by KeeDiet we suggest you purchase one of the many different books available or read articles online

- **KeeDiet 5:2 Intermittent Fasting Plan**
- ✓ Suitable for Men & Women.
- ✓ We recommend regular water is sipped and suggest approximately 2.25 litres of water daily. Tap, Bottled, Sparkling. This is extra to the water used to mix products.
- ✓ On your 2 Non-consecutive Fasting Days enjoy our Meal Replacement Shakes, Porridge, Soups, Meals, Bars. We recommend a maximum of one bar each day.
- ✓ On your 5 healthy eating days. Try to opt for healthy foods to help you maintain your weight. If you are trying to drop weight you may wish to count calories and set yourself a target.
- ✓ Add a daily fibre supplement (e.g.: KeeDiet Water Flavouring)
- ✓ Research the plan yourself, read available online articles or purchase a book. The internet is full of suitable healthy recipes and advice for your healthy eating days.

Can Anyone Follow a 5:2 Intermittent Fasting Plan?

Unfortunately, the simply answer is No. Intermittent fasting is not for everyone. For example, you should not follow a fasting plan if you have diabetes, are taking medication, have a history of epilepsy or if you are pregnant. Best advice is to check with your Doctor

- People who are underweight or have an eating disorder
- Children (under 18 years old)
- Type 1 diabetics and diabetics taking medication for their diabetes (other than Metformin)
- Pregnant women or breast feeding mothers
- People recovering from surgery
- Those who are frail or have a significant underlying medical condition should speak to their doctor first.
- Those who are not sure about whether it may affect their prescribed medications should to speak to their doctor first.
- People feeling unwell or have a fever
- Those taking Warfarin should consult their doctor first as it may increase their INR

We believe this is the simplest way to follow the 5:2 Diet and ensures you receive 100% RDA of required nutrients on your Fasting Days for continued good health. Select 32 products from those provided to follow a 4 Week 5:2 Intermittent Fasting Diet and for further information on how to follow the link below

Our nutritionally complete VLCD Total Food Packs provide a minimum of 25% RDA of essential vitamins & minerals each, so not only will you be losing weight quickly you will also feel well-nourished. We use high quality protein in our products to provide you with approximately 4 hours of hunger satisfaction.

On your Fasting Days ensure you space out your Meal packs, water and any foods required regularly throughout your day to maintain your blood sugar levels and we recommend only one Meal Bar is consumed daily.



Getting Started...

Look at your lifestyle and decide which two fasting days are best suited. These are the two days you will consume 500-600 calories. It doesn't matter which two days you select, this is your personal choice, some people prefer to do back to back, whilst others non-consecutive

TIP: Why not select one of your fasting days to be your Weigh Day as well. This way you will be motivated following your success.

For example - Choose your days – ones in which you are busy, but days that are not too demanding. Ideally have regular fast days. When starting, it helps to plan what and when you are going to eat. Monday could be your morning weigh day and your first fasting day along with another fasting day either Wednesday or Thursday. Then Tuesday, Thursday, Saturday & Sunday become your normal healthy eating days.

We would suggest reading a 5:2 Book to receive advice on how to prepare yourself before you start. Some people find it surprisingly easy to adjust, others find it quite challenging. Having a fasting buddy and joining a support group helps.

Are there Side Effects?

The commonest side effect of the 5:2 Diet is feeling hungry, particularly when you first start. Some people find it hard to sleep on a relatively empty stomach. If so we recommend keeping calories aside for one of our products on a healthy eating day. This can be from our Meal Replacement Range or High Protein Range. As both are high in protein, one of these will help satisfy your hunger.

Some people report headaches or constipation. This is often the result of not drinking enough water during the day. Ensure you keep your water level up and utilise our Water Flavours which include added Fibre.



Fasting Days...

A fast day continues for approximately 36 hours not 24 hours. Assuming you finish your last evening meal around 7.30pm on a Sunday for example and Monday is a Fast Day, you will not eat normally again until Tuesday morning, possibly 7.30am.

If you decided instead to fast from 2pm on a Monday until 2pm on a Tuesday, then that would provide 24 hours fasting. This is a decision you can make however, for simplicity most use complete days as shown in the first example. On Fasting Days, you should consume all four products, you can consume your products whenever suits, however we suggest leaving approximately 3-4 hour intervals between meal packs.

Drinking sufficient liquid throughout your fasting days is extremely important. A minimum is 2.25L - If you drink less than this on Fasting Days you could become dehydrated and may feel unwell, experience headaches and fatigue.

As there is more freedom on the 5:2 Fasting Diet it is difficult for us to provide an estimate of weight loss on this plan. If after following for a short time you realise that fasting works for you, but wish to speed up your weight loss, you may wish to consider one of our VLCD weight loss plans which replace all daily meals or our Social Plan which allows for a daily meal.

>> Allowed

4 Meal Replacement packs per day (550 approximate calorie value)
2.25 litres of water consumed evenly throughout the day
Plus, add anything on the optional list below (calories may increase but is recommended for men)

>> Not Permitted

Diet drinks including those containing sweeteners
Powdered sweeteners
Other foods, apart from those listed as optional extras

>> Your Optional Extra's

Limited Tea & Coffee - black only
Dairy allowance 200ml of skimmed/soya milk or equivalent (add 60kcal)
Herbal & Fruit Teas
Tablet Sweeteners
Selection from our [Vegetable & Salad Menu](#)
Swap a Meal Pack for a Meal Bar
KeeDiet® Water Flavours (Added Fibre /slight increase of calorie intake)

Selection of Vegetables

Approx. 50-80kcal / 2 cups / 2 handfuls/ 200g
Choose Low Carb & Low GI/GL Vegetables or Salad

Asparagus, Bean Sprouts, Broccoli, Cabbage (including pickled), Cauliflower, Celeriac, Celery, Courgette, Cucumber, Fennel, Green Peppers, Green Olives (pickled, canned or bottled), Konjac Plant (Zero Noodles) Kale, Leek, Marrow, Mushroom, Radish, Salad Leaves (Inc. Chinese leafy greens, Iceberg, Pak Choi, Rocket, Romaine etc.) Spinach, Small Spring Onions, Sprouts, Watercress. Fresh or Dried herbs and Spices.



5:2 Approach to Weight Management

Apart from weight loss we believe another great use for the 5:2 Intermittent Fasting Plan is for Weight Management and believe this plan may help you maintain your new slimmer, trimmer figure after initial weight loss.

In our experience and from feedback received from our clients, Intermittent Fasting tends to come quite naturally, especially after following a Meal Replacement weight loss plan where you are already restricting calories and fasting.

Fasting for two days and eating "Normally" for five days could be a great method for managing your weight after using meal replacement products for weight loss. Firstly, you are already aware of our products and familiar with the concept of replacing meals. You are also in a great position and have many advantages, your appetite has naturally decreased, your need for high energy, sugary snacks and snacking between meals has been curbed and hopefully through using our Weight Stabilisation plan you have naturally adapted your portion size and lifestyle. Add to this the fact that you can drop approximately 3000 calories twice a week from your total weekly calorie intake and then eat normally for the remaining days should allow you to manage your weight with ease.

The KeeDiet® Store

5:2 Intermittent Fasting Plan with Meal Replacements
Use for Gentle Weight Loss or Weight Management

www.thekeediet.co.uk - Telephone: 01255 317121

