

Congratulations!

You're about to join the thousands of people who have successfully lost weight using Exante Diet Meal Replacements, but before you do, please take time to read your instruction leaflet. Then enjoy following your Exante Solution for fast, safe and effective weight loss.

Enjoy the delicious fat burning meal replacements and soon you'll be on the road to a healthy weight and a new you!

For further information and resources visit our website www.exantediet.com or email customercare@exantediet.com.

Good Luck from the Exante Diet Team!

Tool box – Things you'll need to get started!

- Scales
- Measuring Tape
- Electric hand Wisk, Blender or Shaker



www.exantediet.com

Before you begin, please make a note of your starting weight, measurements and Body Mass Index (you can calculate this on our website)

Personal Results Charts

Date				
Week				
Weight (kg)				
Weight Stones				
Weight Loss				
Total Wgt Loss				
BMI				

Measurements

Date				
Week				
Chest				
Waist				
Hips				
Clothing Size				

Continue on a separate piece of paper for additional weeks if necessary.

www.exantediet.com

1

STEP 1 - CHOOSE YOUR SOLUTION!

Exante Diet Solutions put you in control of your weight loss in a way that suits you and your lifestyle. Choose the one that's right for you....

It is advised that before embarking on any weight loss programme your GP should be consulted.

If you would like to use Exante Diet products as part of a Very Low Calorie Diet you must have a Body Mass Index of over 25. You can calculate your BMI on our website.

If you have had any of the following you will NOT be eligible to follow the Exante Diet Total or Working Solutions – you must ONLY use the products as outlined in the Simple Solution if you have a BMI of under 25 or have had any of the following:

- A severe psychiatric disorder including manic depression, (bipolar disorder) Psychosis, Schizophrenia and/or taking MORI and Lithium drugs
- Depression of more than a minor degree
- Gout
- Porphyria (active or latent)
- Given birth in the last three months (or had a miscarriage 20 + weeks gestation)
- Type 1 diabetes or taking insulin or sulphonylureas
- Arrhythmia Bradycardia. Tachycardia or taking Digoxin to treat heart rate irregularities

- Convulsions or Epileptic seizures or taking anti convulsion drugs
- Any heart condition including, heart disease or suffered a heart attack, heart failure, arrhythmias valve disease
- Angina
- Recent stroke or is taking anti-coagulants anti-thrombotics or fibrolytics
- Severe kidney or liver disease
- Are about to undergo surgery
- Had any serious illness, injury, trauma or surgery in the last three months
- Hypertension
- Cancer
- Those at risk from hypoglycaemia
- Taking ANY prescription medication

If you have had any of the above medical contra-indications then you are not eligible to do the Exante Diet Total or Working Solution, but you can still loose weight safe, fast and effectively on our Simple Solution. Move on to step 4!

If you have not had any of the above contra-indications then you can choose to do any of the Exante Diet Solutions, proceed to step 2!

You should not use Exante Diet products if you are under the age of 18, over the age of 71, underweight, pregnant, breastfeeding, or have any medical condition which affects your dietary requirements including behaviour disorders or eating disorders (such as bulimia and anorexia).

www.exantediet.com

2

STEP 2 - TOTAL SOLUTION

The Total Solution is a Very Low Calorie Diet and can only be followed by those with no medical contraindications as stated on step 1 and with a BMI over 25+

If you want fast, safe and effective weight loss and you are determined and motivated, then this is the Solution for you. All conventional food is replaced with Exante Diet meal replacements leading to fast weight loss and a natural suppression of hunger and will enable a weight loss of approximately 1 stone a month.

Replace all conventional food with three meal replacements a day. You can choose to have a mixture of soups, shakes, porridge and bars or maybe you just prefer shakes, the choice is yours. If you are having bars as one of your meal replacements then we recommend just one bar a day along with two other meal replacements. Unlike other meal replacement products on the market where you have four meal replacements a day to obtain 100% of you RDAs, Exante Diet products contain more volume per pack giving you a thicker, creamier and more substantial meal therefore three meal replacements a day will give you 600kcal and 100% RDAs.

We recommend that you drink between 2-4 litres of water regularly over the course of the day and any black coffee or Greenleaf tea.

In order to comply with Very Low Calorie Diet recommendations we advise that every 4 weeks you take a food week break and follow our Simple Solution. To stay in ketosis during your food week break we advise that you continue to take 3 meal replacements a day with an additional 600kcal of high protein, low carbohydrate healthy foods such as meat, fish and any green vegetables or green salads (please see website for food recommendations).

You can then return to the Total Solution. After you reach your target weight you should reintroduce conventional food slowly and carefully following our Stabiliser programme (as detailed online) until you are able to maintain your weight loss using healthy balance foods. Remember if you go back to your old eating habits then the weight will return!



www.exantediet.com

3

STEP 3 - WORKING SOLUTION

The Working Solution is a low calorie diet and can only be followed by those with no medical contraindications as stated in Step 1 and with a BMI over 25+

For those of you who want to combine meal replacements with a daily meal this is the solution for you. If you struggle to stick with other diets because of work, family and social commitments, then the flexibility of this solution will help you reach your weight loss target.

Your calorie intake will be approximately 1000kcal a day and the Working Solution will enable weight loss of approximately 10lb a month. You should have three meal replacements of your choice a day, giving you just over 600kcal and 100% RDAs, as well as a healthy high protein, low carbohydrate meal choice of 400kcal. Examples of food choices are available on the Exante Diet website. What could be easier?

We recommend that you drink between 2-4 litres of water regularly over the course of the day and any black coffee or Greenleaf tea.

Once you have reached your target weight you will not only feel fantastic but the Working Solution will have prepared you to make the right food choices, enabling you to move onto the Stabiliser Programme with ease until you have maintained your target weight and reintroduced healthy balanced foods – remember if you go back to your old eating habits then the weight will return.

www.exantediet.com

4

STEP 4 - SIMPLE SOLUTION

Simple Solution is a restricted calorie diet of 1200kcal and is suited to those with a BMI over 20+.

This solution is for those of you who want to combine meal replacements with healthy balanced eating. Simply have 3 meal replacements a day, giving you 100% RDAs, and combine this with an additional 600kcal of healthy balanced foods. For food suggestions please visit the Exante Diet website recipe section.

Following the Simple Solution will enable you to lose approximately 8lb a month and is a great way to lose weight while breaking old eating habits and learning how to calorie count and make the right food choices.



www.exantediet.com