

A smiling woman with brown hair tied back, wearing a white top. A yellow measuring tape is wrapped around her neck. The background is a soft-focus indoor setting.

# Slim & Save<sup>®</sup>

EDITION 7

**OPEN**

Monday to Friday  
9am to 5pm

**WEIGHT LOSS  
PROGRAMME**

**Slim & Save**

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# Welcome to Slim & Save

Thank you for choosing Slim & Save to help you on your weight loss journey! We know there are lots of options available to you when it comes to losing weight and because of that we want to assure you that we will work hard to provide the highest level of customer care and the finest quality products at the best price.

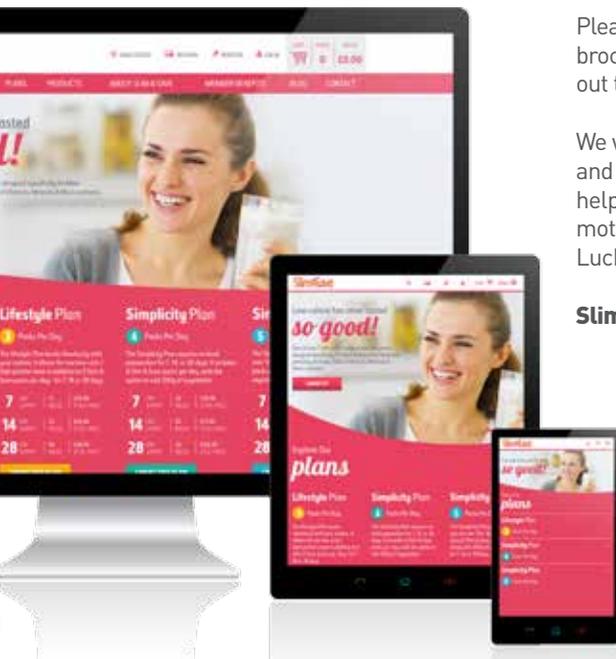
You can be sure when you buy from Slim & Save that you have invested in a complete weight loss solution which has been crafted by qualified weight loss professionals. You will be supported by a highly trained online customer care team to ensure you fully understand how to follow the plan safely, stay motivated and achieve the very best results possible and with over 50 different flavours of shakes, meals, soups and bars to choose from, we believe we have something for everyone.

We take our business seriously and offer the highest standards of customer care which reflects in our TrustPilot score which is currently the highest in the industry for meal replacement companies with a score of 9.7 out of 10\* (\*at time of print 20/05/2018).

Please take the time to read through this brochure and if you feel we have left anything out then we would love to hear from you.

We wish you every success on your journey and want you to know that we are here to help if you have any questions or just need a motivational push in the right direction. Good Luck!

**Slim & Save Customer Support Team.**



# What is a VLCD & Ketosis?

VLCD stands for 'Very Low Calorie Diet'. Any VLCD that you follow should provide you with all the nutrients required by your body for healthy function, whilst keeping your daily calorie intake under 800 calories per day.

Both Slim & Save Simplicity and Lifestyle programmes will invoke ketosis.

## What is Ketosis?

Ketosis occurs when your body does not have sufficient carbohydrates to burn for energy, usually less than 70g of carbohydrates per day. Once ketosis occurs your body will burn fat as energy. Fat from your body and fat from the food you eat. This is far more beneficial to anyone who is trying to lose weight, as many diets sacrifice muscle for energy rather than fat which in turn lowers your metabolism. There are so many diets out there that create a low calorie environment, but not low enough in carbohydrates to induce ketosis. Ketosis is a great way to lose weight as it will enable the protection of muscle tissue (which in turn helps to maintain your metabolism) as well as helping to control your hunger.



# Why Choose Slim & Save?

Most people look to a VLCD as they associate it with “Quick Weight Loss” which is true, but in addition to the quick weight loss you can also get “Quick Weight Gain” if you don’t follow the plan properly.

## When a VLCD programme is NOT suitable

Although you lose weight quickly on a VLCD, you need to ensure you understand how the plan works and what you need to do to achieve **long term** success. It is one thing losing 10lb in a week but stopping the diet after a very short period will result in weight gain. Our programme is designed for people with at least 20lb to lose, and these people will need to follow our re-feed plan to have the minimum weight gain once they come off the programme. If you have less than 20lb to lose we would recommend that you follow a more conventional diet rather than a VLCD.

## When it is right to follow a VLCD programme

If you are looking to lose over 20lb and are in good health, then a VLCD could be just perfect for you.

- Simple to follow
- Cheaper than conventional food
- Nutritionally complete
- Great results

When you commit to a VLCD it is an all or nothing approach. You need to be fully committed as the first 4 to 5 days will prove extremely testing as you move away from carbohydrates for energy and go into ketosis. You will require a lot of will power and determination to get through the first week.

The longer you stay on a VLCD the easier it gets, but if you have as much as one high carbohydrate based meal then your hunger will return with a vengeance, and you are going to have to go through a few days similar to the first week to get back on track, (this is also the stage where many people fail).

In the coming pages we explain more about our “Lifestyle” and “Simplicity” plans to help you choose which plan is best for you.



# Choosing the correct plan for you

More so than any other diet, a TFR (Total Food Replacement) or VLCD (Very Low Calorie Diet) should only be undertaken with the knowledge of your Doctor. You should be in good health with a strong mind and positive attitude. If you are not, then you should not start a VLCD. Regardless of how you feel speak to your doctor before commencement, if they wish to ask us anything about the programme they can contact us directly on 01642 762252.



There are two plans to follow at Slim & Save.

## “Lifestyle” & “Simplicity”

Both the Lifestyle and Simplicity Plan can only be followed for 12 Weeks, after which time you will need to introduce some extra items for seven days. See the “Week 13 TFR Break” on page 16 for more information.

Both programmes require that you follow our re-feed to enable the re-introduction of normal food after your goal weight is achieved.

See the following pages to work out which is the best plan for you to follow.

## “Lifestyle Plus” & “Simplicity Plus” Plans

Customers over 17st are able to have one extra food pack per day regardless of which plan they are on. Once your weight drops beneath the 17st mark you should revert to the amount of food packs stated for that plan. If you are over 17st the extra pack is optional if you need it.

**Lifestyle:** 3 Packs + Low Carb Meal

**Lifestyle Plus:** 4 Packs + Low Carb Meal  
(Lifestyle plan also requires vegetables and milk allowance as per the guidelines).

**Simplicity:** 4 Packs

**Simplicity Plus:** 5 Packs

# Basic Programme Information

The following information is important regardless which Slim & Save plan you follow.

## Water

You should consume 2 to 3 litres of water per day, this includes the water you use to mix your packs. Please note it can be dangerous to consume large volumes of fluids in a short space of time. In hotter climates or if exercise is undertaken you should adjust extra water to balance against water lost.

## Caffeine

Once Ketosis is established tea/coffee can be consumed freely, (providing you do not exceed any allocated milk allowance). However, it is not recommended to intake caffeine before ketosis is established. Although rare, caffeine can prevent some people getting into ketosis.

## Food Packs, Meal Packs, Shakes, Bars

Our packs are often referred to as Food Packs or Meal Packs, these terms cover shakes, meals, soups and bars. We often get customers who are confused as to what constitutes a "meal". In our literature and website when we reference a meal pack we will be referring to one of our food packs which could be a shake, soup, meal or bar.

When we refer to the "home made" meal on the Lifestyle Plan we will refer to it as a "low carb meal".

## Vegetable Allowance Weight

Unless you are using the meal planner (which we recommend), then you will be having 200g of vegetables from the list. This 200g is the cooked weight where applicable (Vegetables optional on Simplicity Plan).

## Milk Allowance

The Lifestyle Plan requires you have 150ml of skimmed milk per day, where on the Simplicity Plan the milk is available to use, but is optional. **Please note skimmed milk can be replaced with either 100ml of semi-skimmed milk or 50ml of whole milk in all plans.**

## Product Allergens

Please note some products contain milk/lactose, gluten, soya, wheat or nuts. If you suffer from any allergens please check the pack ingredients and allergen information before consuming. You can also read the full nutritional data and ingredients online at [sns.co.uk/nutritional-data.html](https://sns.co.uk/nutritional-data.html)

## Coeliac Disease

If you suffer from coeliac disease you can confidently purchase from our Gluten Free range on our website.

# Slim & Save Lifestyle Plan

The Slim & Save Lifestyle Plan allows for 3 of our food packs each day along with a low carbohydrate meal. The Lifestyle Plan is ideal if you want to sit down and have a meal with your family or if you think you will miss having a conventional meal each day.

The food packs can be anything from our range of shakes, meals, soups and bars. There is a limit to only one bar per day, all the other packs have no restrictions.

Each food pack provides 25% RDA of essential vitamins & minerals, you will therefore need to ensure you either have a varied selection of vegetables in your low carb meal or take a multi-vitamin and mineral (without iron) to get the remaining 25%.

## 3 Food Packs + 1 Low Carb Meal

When it comes to your “Low Carb Meal” you have two choices, you can use the basic list of protein and vegetables in this brochure, or use our online meal planner. To get the most out of our Lifestyle Plan we recommend you use the online meal planner:  
[www.sns.co.uk/meal\\_planner.php](http://www.sns.co.uk/meal_planner.php)  
Please see page 11 for further information.

150ml of skimmed milk per day, can be used for tea/coffee/shakes.

## Allowed Vegetables - 200g cooked weight where applicable

Asparagus, Bamboo Shoots (canned, drained), Broccoli, Cauliflower, Celery, Courgettes, Cucumber, Fennel, Green Peppers, Green Chili Peppers, Leeks, Lettuce, Mushrooms (not fried), Olives, Rocket Salad, Shallots, Spinach, Spring Onions, Swede (flesh only), Turnip (flesh only) Watercress & White Cabbage.

## Allowed Protein - 100g cooked weight where applicable

Chicken, Cottage Cheese (150g low fat), Fish, Lean Beef Steak, Lean Back Bacon, Lean Pork Steak, Tuna, Turkey, Two medium Eggs (boiled, dry fried, poached or scrambled (if using milk allowance). Meat must be Grilled, Boiled, or Steamed.

## Use the meal planner for a greater range of allowed vegetables and protein options.

For vegetarians we recommend the Simplicity Plan to ensure adequate protein is consumed.



# Slim & Save Simplicity Plan

The Slim & Save Simplicity Plan provides the perfect diet for those looking to keep it simple! There is no food to prepare, and all meals come from the packs we send you. You have the option of 200g of vegetables like in the Lifestyle Plan if you want them. There is no meat/fish/chicken etc on this plan.

The Simplicity Plan will give you 4 food packs per day. The food packs can be anything from our range of shakes, meals, soups and bars. There is a limit to 1 bar per day, all the other packs have no restrictions.

Each food pack provides 25% RDA of essential vitamins & minerals, you should not take a vitamin on this programme.

## Optional Vegetable Allowance

If you choose to have the vegetables you can take 200g from the list below or use the meal planner for greater choice.

[www.sns.co.uk/meal\\_planner.php](http://www.sns.co.uk/meal_planner.php)

Please see page 11 for further information.

## Allowed Vegetables - 200g cooked weight where applicable

Asparagus, Bamboo Shoots (canned, drained), Broccoli, Cauliflower, Celery, Courgettes, Cucumber, Fennel, Green Peppers, Green Chili Peppers, Leeks, Lettuce, Mushrooms (not fried), Olives, Rocket Salad, Shallots, Spinach, Spring Onions, Swede (flesh only), Turnip (flesh only) Watercress & White Cabbage.

Optional 150ml of skimmed milk for use in tea/coffee/shakes



# Health contraindications

To follow the Slim & Save “Lifestyle” or “Simplicity” plan you need to be able to answer **NO** to all of the following questions or have your doctor sign a letter to say you are suitable to follow a VLCD.

- Are you under 18 or over 75?
- Are you pregnant, given birth in the last 12 weeks or breastfeeding?
- Do you have an allergy to milk, soya or lactose?
- Have you suffered severe trauma in the last 6 weeks?
- Have you undergone minor surgery in the last 2 weeks?
- Have you undergone major surgery in the last 12 weeks?
- Do you have Diabetes type 1?
- Do you have liver or kidney disease?
- Do you suffer with any form of acute or chronic renal failure?
- Do you suffer from Porphyria?
- Do you suffer from any Psychotic illness?
- Do you suffer with severe depression or bipolar disorder?
- Do you have a serious heart condition?
- Have you had a heart attack within the last 12 weeks?
- Do you have any serious illness?
- Do you suffer from any form of epilepsy?
- Have you ever suffered with an eating disorder such as Anorexia or Bulimia nervosa?
- Do you believe you have any health condition which you have not yet spoken to the doctor about?



## Contraceptives

Fertility is often increased during/after weight loss, we therefore recommend using adequate contraceptive precautions.

## Doctor Approval

All customers need doctor approval prior to starting any Slim & Save plan. Those taking any of the following medication needs to ensure their doctor continues to monitor and assess the required dosage of the listed medications.

Anti-arrhythmias, Anti-coagulants, Anti-convulsants, Anti-hypertensives, Diuretics, Gout Prevention Drugs or Lithium.

## What are the possible side effects of a VLCD?

The side effects of a VLCD may include fatigue or weakness, dizziness, constipation, diarrhoea, dry skin, hair loss, menstrual changes and cold intolerance. More serious side effects include the development of gout and gallstones. However, it is well recognised that any form of weight loss increases the likelihood of gallstone development.



# Meal Planner, Weight & Measurements

The Slim & Save website has some fantastic tools to enable you to log your weight loss, update progress pictures, log your pack and food intake and also maintain a record of your vital statistics.

## Meal Planner

The meal planner is a great tool to log your daily food and drink intake, although more suited to those following the Lifestyle Plan it can still be fun to use for those on Simplicity.

The meal planner holds a database of all the foods allowed on plan. Simply start typing in the name of the product you are looking for and it will appear in the search field. Add all the items you intend to consume for each meal for each day. The application displays your calories, carbohydrates, protein and fat for each day in an easy to read format.

## Ketosis Guide

For those on the Lifestyle Plan it can sometimes be a worry as to what extras you can eat or what you can have for your main low carb meal and remain in ketosis. So the “Ketosis Guide” on the left hand side of the meal planner is a great module to give you an instant indication on your status of ketosis based on your planned meals. We recommend you fill in the meal planner the day before as it gives you plenty of time to plan and organise your day for the best results.

## Main Features

The meal planner application is designed to help you plan out your days and to provide you with a lot more choice in regards to vegetables and protein choices.

- Alerts you if you are having too many or too little calories.
- Alerts you if your likely to come out of ketosis.
- Alerts you if you are not eating the correct amount of food packs for your chosen plan.
- Maintains a history of everything you have eaten whilst on plan.

## How to find the Slim & Save weight loss tools

You will find links for the Slim & Save weight loss tools in the “My Account” area. You will need to login or register to access these applications.



## Weight Tracker

The weight tracker is a fantastic tool to help keep you motivated throughout your weight loss journey. Here is a summary of what you can expect from the weight tracker:

### Weight Loss

The first thing you will notice is the weight loss graph which is created from your entered start and goal weight. The weight loss graph will update automatically when you update your weight. Beneath this graph you can see how much you have left to lose.

As you enter your weight each week into the weight tracker you will start to see additional statistics such as:

- Weekly weight loss.
- Total weight lost.
- Average weekly weight loss.
- Percentage of goal achieved.

### BMI (Body Mass Index)

Body mass index is the calculation of height vs weight to create a numerical figure which gives a good indication of how “under” or “overweight” a person is.

- Current BMI.
- Indication of BMI at goal weight.

### Progress Pictures

Every weight log you enter can have an associated photo attached to it. This is great to provide you with visual progress so you can see exactly how your body shape changes over time whilst losing weight.

Uploaded pictures are indicated by a coloured icon next to the weight log.

## Colouring Wheel

At the bottom of the weight tracker page you will see a colouring wheel banner. Clicking this will open up a separate page with a pie chart which displays your total weight loss in segments. Print this off to pin somewhere prominent to colour in as you lose weight.

## Water Requirements

The water requirements module is on the top left of the weight tracker, this handy little tool lets you know what your average water intake should be based on your current weight.

## Measurement Tracker

The measurements tracker enables you to keep a track of your inch loss (or cm/mm). You can track your measurements in whichever unit of measure you prefer.

Updating the measurement tracker is easy and your results will be displayed in an easy to read graph.

In addition to tracking your measurements the tracker also displays your “Waist to Hip Ratio” which helps to give an indication of the current risk of heart disease and diabetes.



# On plan extras

We often get asked if you can have different products on the programme, and for some items the answer is yes. We then get asked “If we can have them why aren’t they listed on your website?” Well the answer to that is, you can have for example some “Coke Zero” but we do not promote fizzy drinks or recommend that you drink “Coke Zero” so therefore we do not add it to our website as part of the plan.



Therefore, we have made a list of the items we are asked about most frequently. We are not endorsing these products for you to use on the plan, we are only confirming that you can have them if you want to.

## Condiments

Salt which is a mineral, is allowed on the diet.

Currently 'Fry Light' is the only cooking spray we are aware of, this can be used sparingly.

## Diet Drinks & Flavoured Water

Many diet drinks tend to contain 'Citric Acid' which in some people can cause problems with getting in, or staying in ketosis. We had tried to keep a list of "Ketosis friendly drinks" but due to manufacturers changing ingredients it is essential that you ensure the products you choose are suitable to the plan.

Things to watch out for: Ingredients contain no Citric Acid. Calories per 100ml are less than 2 Kcal.

Take a look on our website for an up to date list of allowed diet drinks.  
[www.sns.co.uk/drinks-list.html](http://www.sns.co.uk/drinks-list.html)

## Tea & Coffee

Tea and coffee are fine to consume providing you are not using milk beyond your daily allowance. Some people may find it harder to get into ketosis with high levels of caffeine so it would be wise to avoid tea and coffee in the first four days of the plan, or until in ketosis.

## Herbs & Spices

Herbs and Spices are allowed in moderation as long as they are fresh or dried, no processed products allowed. There are far too many herbs and spices to list here so if you are not sure please ask, but here is a list of the most common ones: Angelica, Basil, Cayenne Pepper, Chicory, Chili Powder, Cinnamon, Cumin, Dill, Fennel, Ginger, Horseradish, Jasmine, Lavender, Mint, Nutmeg, Oregano, Paprika, Pepper, Peppermint, Rosemary, Saffron, Sage, Turmeric, Vanilla & Willow.

Garlic Cloves, Red & Green Chili Peppers need to be accounted for using the meal planner due to the higher carb contents. Anything that you are not sure about please ask prior to consuming.

## Red Meat

If you are following our 'Lifestyle' plan, then you are able to include some red meat in your diet by using the meal planner website. Unfortunately, to ensure you do not go over your calorie allowance we are not able to quote quantities in this brochure.

## Vegetables

On both the 'Lifestyle' and 'Simplicity' plans you are allowed to have vegetables. We have a basic list in this brochure, but to ensure ketosis is not breached you would need to use the meal planner for any vegetables not listed in this brochure.

# Forbidden Items

## Alcohol

Under no circumstances should any alcohol be consumed whilst following a VLCD diet. When in Ketosis alcohol can be extremely dangerous and could even cause death.

If you intend to drink alcohol it is essential to come off the diet and out of ketosis BEFORE you have any alcohol.

We recommend introducing a conventional diet 48 hours prior to consuming any alcohol.

## Fruit

No fruit is allowed on our plans apart from "Week 13 TFR Break" (see page 16) as this would bring you out of ketosis.

# Getting Support & Staying on Track

A TFR (total food replacement) diet is a very hard diet to get started on if you are not 100% focused. Due to the very low calories involved many people will either give up before they enter ketosis or they will sneak little treats/cheats to keep them going.

If you can keep yourself motivated to see through the first three or four days until entering ketosis you will then see your appetite decrease and the plan will get easier and more bearable. Those who find themselves sneaking a little snack here and there to keep hunger at bay will never achieve ketosis and therefore be continuously hungry throughout their time on the plan.

It is wise to be aware of how hard the diet is to follow before starting the plan. We would advise if you are reading this before commencing your diet be sure to pick a day which will give you adequate time to get organised, clear your cupboards and prepare yourself for a couple of hard days ahead.

At Slim & Save we have a dedicated team to answer any questions you may have, keep you motivated and on track. You can contact us easily via the following methods:

1. In person, at our premises in Teesside, Monday to Friday 9am to 5pm.
2. By telephone, call us on 01642 762252.
3. Email, via our ticket system [www.sns.co.uk/tickets](http://www.sns.co.uk/tickets)
4. Live Help, available at the bottom right of our website.
5. Facebook, we have a very active facebook community with dedicated staff on hand 9am to 10pm Monday to Friday, 9am to 5pm Saturday & Sundays.

[www.facebook.com/groups/slimandsave](http://www.facebook.com/groups/slimandsave)

If you require an immediate or personal response please use methods 1 to 4 listed above.



# Week 13 TFR Break

Due to the very low calorie intake on both the Simplicity & Lifestyle Plans it is essential that after 12 weeks of following the plan you increase your calories for at least 1 week.



Customers need to remember that this week is not a week off the plan. This is a break from TFR (Total Food Replacement) and VLCD calorie levels, which involves including some additional items for 7 days before commencing with TFR.

From the start of week 13 you should include the following into your daily diet:

- 1 Pint/568ml of semi skimmed milk. (Replaces current milk allowance of 150ml).
- Include 2 small pieces of fruit per day.
- Include 300g of vegetables per day (or increase to 300g if you currently have 200g vegetable allowance).

Please be aware when you follow this plan for 7 days you will see your weight slightly increase. This is completely normal as your body will be slightly out of ketosis and allowing glycogen to store with water in the muscle. You must remember this is going to happen, it is normal and as soon as you resume the VLCD plan this gained weight will drop instantly.

It is imperative that you do not allow yourself to lose control and eat what you like this week. A lot of damage can be done to your weight loss results if you come completely off plan in this way.

# Re-feeding

When goal weight is achieved you will want to return to conventional eating without gaining too much weight, most will not want to gain any but this is not possible.

Before you start the re-feed plan it is important to be aware of the way a ketogenic diet works in respect of weight loss and weight gain and the part glycogen plays in this process.

Everyone loves the results of a VLCD Ketogenic diet, you can achieve fast results, suppressed appetite, and regular weight loss. However, it is common for people to panic when the time comes for taking a break or coming off a VLCD for fear of gaining weight. There is nothing to be afraid of and we want to start by putting your mind at rest and explaining the process, and why the weight gain you will have during this time is not a bad thing!

When on a VLCD diet you are typically in the region of 40-70g of carbohydrates per day. This level of carbohydrates will force the body into a state of ketosis due to the body not having enough glycogen to use as its main fuel source and switches to using fat for energy. The breakdown of fats in this process results in 3 different molecules called 'ketones' two of which: acetoacetate and  $\beta$ -hydroxybutyrate can be used as energy by the body, and the third acetone which cannot be used by the body and is excreted in the urine, and also through the process of breathing, hence the bad breath.



Glycogen is a branched chain of glucose molecules made by and stored in the liver and also stored in the muscle cells to provide the body with an energy source that can be used quickly. Glycogen is stored in the muscle in a 1 to 3 ratio, 1g of glycogen to 3g of water. The approximate amount of glycogen the body can hold is said to be 50-100g in the liver and 400g in the muscle cell. Based on holding 400g of glycogen in the muscle we can estimate that 400g would hold with it 1200g of water. Combined this would give 1600g + the additional glycogen in the liver would amount to 1700g (1.7kg or nearly 4lb).

When you started the VLCD your body had to use up all of your carbohydrates from the bloodstream as well as all of the glycogen stored in the liver and muscle, which we now know could account to around 4lb in weight loss that is not fat. So, when you come off any VLCD programme that involves ketosis you can expect to regain this 4lb of weight because as soon as you start to eat carbohydrates they will convert to glycogen and be stored back into the muscle along with the water. Remember 1g of glycogen stores in the muscle with 3g of water. After long periods of ketosis your body can also 'supercompensate' the reloading of carbohydrates and take in more than your body needs.

Supercompensation would be a temporary phase and would regulate itself within a couple of days at most but initially could account for an extra 2lb in glycogen/water weight gain.

So remembering that this weight you will regain is not fat weight you can allow yourself not to be concerned about gaining approximately 4-6lb in the first week of re-feeding. If you gain more than 4lb this would generally be lost within the next week naturally.

The glycogen and water weight you regain has a positive effect on the metabolism due to occupying muscle cell area and increasing the amount of calories your body burns each day, so this weight gain is certainly a healthy one!

Hopefully you are now not afraid of gaining a few pounds once you come off the VLCD. If the weight on the scales is more important than how you look in the mirror (eg: you have to weigh 10st or life will not be worth living!), then we suggest you lose around 4 to 6lb more than your intended goal weight, this will allow you to still be at goal weight once re-feeding is complete.

The actual re-feed programme is too large to print in this brochure so please download the PDF copy from: [www.sns.co.uk/refeed.pdf](http://www.sns.co.uk/refeed.pdf)

# Maintaining Your Weight Loss

To get to the stage of re-feeding you have made a lot of sacrifices and changes to your diet and eating habits to get these results, now the hard work begins! We do not want you to have done all this for nothing, we want you to reap the benefits of your labour and keep the weight off.

Many millions of people are overweight not because they eat excessively but because their metabolism is slow and as a result they do not burn up all of the calories that they eat. Weight loss is a very simple process, put in its simplest form you must burn up more energy (or the same) than you eat. If you eat 1800 calories per day and your body only burns 1600 calories you have a daily excess of 200 calories.

200 calories per day for 365 days in a year = 73,000 kCal

Putting that into perspective, this is the equivalent of 2 slices of dry toast or 3 Digestive biscuits a day.

Given that 1lb of Fat is equal to 3,500 kCal you would gain: 20.8lb (almost 1½st) in only 12 months!



You need to be aware that your weight loss efforts are not just to lose the weight. If you want to maintain your great results you need to look after your diet and your body or the weight will just creep back on and put you right back where you started.

As you gained weight over a period of time there may have been bad habits that contributed to your weight gain that you can avoid in future:

- Eating too late at night.
- Not drinking enough water.
- Too much alcohol.
- Eating crisps or sweets.
- Takeaways and junk food.
- Extra snacking.
- Large meal portions.

Some ideas to add to your maintenance plan that may be helpful:

- Choose fruit as a treat rather than chocolate/sweets.
- Always eat at the table and be aware of meal times.
- Avoid refined white bread & pasta.
- Try to do at least 20 minutes exercise every day.
- Get at least 8 hours sleep.
- Never buy bigger clothes, if they do not fit you need to lose weight!

Beyond re-feed: The best way to achieve a successful maintenance programme is by keeping a food log and counting calories. With this method you are able to assess your weight loss/gain against the amount of calories you are eating.

#### **If weight is gained:**

- Gain 0lb - keep calories the same
- Gain 1lb - reduce daily calories by 200
- Gain 2lb - reduce daily calories by 400
- Gain over 2lb - replace 1 meal with a VLCD pack each day.

#### **If weight is lost:**

- Loss 1lb - increase daily calories by 100
- Loss 2lb - increase daily calories by 200
- Loss over 2lb - increase daily calories by 400

Once you have achieved your goal weight Slim & Save can provide you with a healthy balanced maintenance diet. Please contact us for further details.

# Exercising on a VLCD

When on a VLCD you can expect your energy levels to be a lot lower than normal, even when in deep ketosis. Due to the lack of glycogen and water in the muscle, performing too much exercise will actually lower your metabolic rate without increasing fat/weight loss. You would benefit by doing three to five sessions per week of low intensity Aerobic Exercise.

When exercising it is important not to train too intensely. You are fine to train at 60 to 70% of your MHR (Maximum Heart Rate). Maximum Heart Rate is determined by your age.

The easiest way to determine the best training heart rate is to visit: [www.sns.co.uk/thr.php](http://www.sns.co.uk/thr.php) and enter your age. For example if you are 40 your heart rate should be between 108bpm and 125bpm (beats per minute).

Most gym equipment will have sensors for you to see your heart rate or alternatively you could wear a heart rate monitor.

Suitable types of aerobic exercise include:

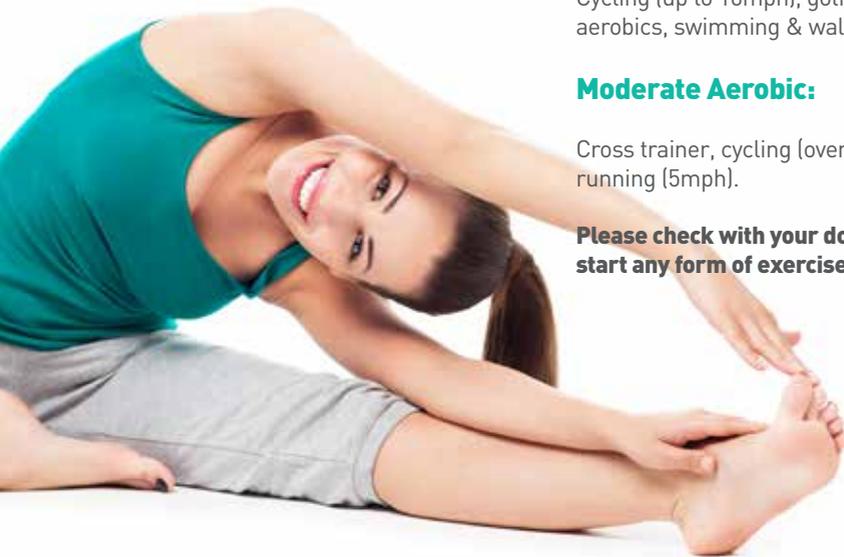
## Light Aerobic:

Cycling (up to 10mph), golf, low impact aerobics, swimming & walking (3mph).

## Moderate Aerobic:

Cross trainer, cycling (over 10mph), jogging, running (5mph).

**Please check with your doctor before you start any form of exercise.**



# Helpful Hints!

Do not start a VLCD programme without being fully mentally prepared. Pick the day that you will start and ensure you have at least a couple of days to get motivated and organised before you commence. Pick a day to start when you will be least affected by the possible side effects of starting the diet, i.e headaches, nausea, tiredness & lack of concentration in the first three to five days.

Do not buy food that you know is going to tempt you!



Keep off the scales! We know how great it feels to see the scales going down but don't be fooled into thinking you will see a loss every day because you won't. Weigh yourself the morning you start three times and take the average, do the same weekly thereafter. Getting weighed multiple times per week or even daily is a sure recipe for disaster. If you stick to the plan you can be confident of great results without hopping on and off the scales.

Don't leave it too late to re-order your packs! Although we offer next day delivery occasionally things can go wrong and if you run out of packs it might just be enough to bring you off the plan. You should aim to order your next food packs whilst you still have at least four days supply.

When feeling hungry, remind yourself why you are following the plan and where you want to be in a few months time! Visit our Facebook group and get support from other members.

Starving and just need a nibble? Don't fall prey to a couple of chips or a slice of toast as this will contribute to bringing you out of ketosis and back to increased hunger and further snacking.

If you need to go out then be prepared and take a shaker/water and a shake or a bar with you to easily consume whilst out and about.

If you are not already a member, why not join our closed Facebook Group and be a part of our 10,000 plus friendly online community:

<https://www.facebook.com/groups/slimandsave/>

# Frequently asked questions

Please find below a list of FAQ's which we think you may find useful.

## **Q. Should I have 3 or 4 packs per day?**

A. This depends on the way you want to follow the diet, if you want to have a conventional meal with family each evening you are best with the 3 packs per day plus a low carb meal. If you find you start to cheat and struggle as soon as you start eating 'normal food' then you would be better abstaining from food and sticking to 4 packs per day.

## **Q. Which plan will I lose the most weight on?**

A. Regardless if you chose to follow the Simplicity or Lifestyle plan the weight loss will be pretty much the same providing you stick to either plan 100%

## **Q. Will I regain the weight again when I stop the plan?**

A. Any diet that invokes ketosis will see some weight gain once carbohydrates are re-introduced. We recommend that you choose a goal weight of 4lb less than you want to be, to allow for the small increase you can expect after you have completed re-feed and introduced carbohydrates. Please read the re-feed information on page 17 to fully understand this process.

## **Q. Are your products suitable for everyone?**

A. No, if you are vegan, lactose intolerant, or have allergens to soya or wheat our products would not be suitable for you.

## **Q. Are your products suitable for vegetarians?**

A. Yes, everything we sell excluding the Mousse Mix and High Protein Wafers are suitable for vegetarians.

## **Q. Can I use No Added Sugar Dilute Cordial?**

A. No, although these products do not have added sugars they still have natural sugars which would increase your carbohydrate levels and could bring you out of ketosis.

## **Q. How much water do I have to drink and do I have to drink it?**

A. It is essential that you intake 2 to 3 litres of water per day, this includes the water you use to make up your packs. If you have been exercising or losing fluid through heat then increase fluid intake to balance this out.

## **Q. Can I drink alcohol?**

A. This is very dangerous and you should not drink any alcohol whilst on our programme, you should be completely out of ketosis before any alcohol is consumed.

## **Q. Can I have OXO or Bouillon?**

A. Yes, but not freely, they do contain carbohydrates so should be logged through the meal planner to ensure you do not come out of ketosis.

## **Q. I am diabetic can I follow your plan?**

A. Customers with type 1 diabetes are not able to follow our plan under any circumstances. Customers with type 2 diabetes who are not on medication for diabetes can follow our plan providing they are being monitored by his/her doctor.

**Q. I didn't read the guidelines and the plan is not suitable for me can I have a refund?**

A. Yes, as long as you initiate the return with our team within 14 days of purchase, and return your parcel within 14 days of your return being approved. If you have used any items these will be charged for at retail price. Please see our website for full terms and conditions.

**Q. Are there any loyalty incentives available?**

A. Yes, we offer reward points which provide you with up to a maximum of 15% back in points on every transaction. When you place your first order you start as a Bronze Member, moving through the ranks up to Platinum Member the more you spend. Please see [sns.co.uk/reward-points.html](https://sns.co.uk/reward-points.html) for full details.

**Q. Do I receive anything for referring my friends?**

A. Yes, every time you refer a friend, ensure they use your referral code and they will receive 10% off their order, and you will also receive £5 in points for referring them.

**Q. I no longer like the taste of a product have you changed it?**

A. As time goes by and the longer you are in ketosis it is not uncommon for your taste buds to change and what was once your favourite shake or meal starts to taste a little different!

**Q. Do you offer samples which I can try to see what I like?**

A. Yes, for your first time purchase you can buy a taster pack of 28 different flavours from our range. It is not possible to choose which flavours you will receive.

**Q. Can I use sweeteners in Tea/Coffee?**

A. You can use tablet form sweeteners in moderation but not powder/crystals.

**Q. Can I have sugar free sweets or sugar free mints?**

A. No, these still contain carbohydrates and calories that will interfere with the programme.

**Q. Can I have sugar free chewing gum?**

A. Yes, you may chew up to 2 pieces of sugar free chewing gum per day for 60 seconds each, then dispose of the gum.

**Q. Can I have any salad dressings?**

A. There are currently no salad dressings allowed on plan.

**Q. Why can I only have one bar per day?**

A. We do not want to promote an eating plan that consists of living off chocolate bars. We want you to experience a balance in meal choices as this will lead to better choices when it comes to maintenance.



# Measurements Log

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>DATE</b>												
<b>Shoulder - Circumference</b>												
<b>Bust/Chest</b>												
<b>Waist</b>												
<b>Hips</b>												
<b>Left Forearm</b>												
<b>Left Bicep</b>												
<b>Right Forearm</b>												
<b>Right Bicep</b>												
<b>Left Thigh</b>												
<b>Left Calf</b>												
<b>Right Thigh</b>												
<b>Right Calf</b>												

## Measurement Tracking

Remember you can also track your measurements online at [www.sns.co.uk/mt/](http://www.sns.co.uk/mt/)

**Bust/Chest**  
Measuring circumference from just under the armpit straight across the back and over the widest point of the chest (usually the nipple area)

**Shoulders**  
All the way around the circumference of the shoulders at the widest point

**Bicep**  
Circumference of the bicep at the widest point

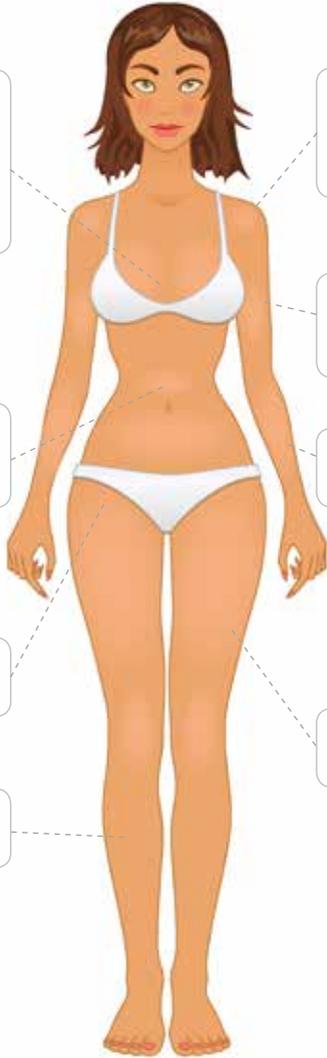
**Waist**  
Measured just above the belly button

**Forearm**  
Measured at the widest point

**Hips**  
Measured at the widest point

**Thigh**  
Measured at the widest point

**Calf**  
Measured at the widest point



# BMI Chart

Please use the following BMI (Body Mass Index) chart to monitor your progress.

You should aim to achieve 'Healthy' which is indicated by the green blocks.

**Red = Very Overweight**

**Purple = Overweight**

**Green = Healthy**

**Yellow = Underweight**

		Height in Metre																			
		1,38	1,42	1,46	1,50	1,54	1,58	1,62	1,66	1,70	1,74	1,78	1,82	1,86	1,90	1,94	1,98				
150		79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23st 8lb			
148		78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23st 3lb			
146		77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22st 13lb			
144		76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22st 9lb			
142		75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22st 4lb			
140		74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22st			
138		72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21st 10lb			
136		71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21st 5lb			
134		70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21st 1lb			
132		69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20st 10lb			
130		68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20st 6lb			
128		67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20st 2lb			
126		66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19st 12lb			
124		65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19st 7lb			
122		64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19st 3lb			
120		63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18st 13lb			
118		62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18st 8lb			
116		61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18st 4lb			
114		60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17st 13lb			
112		59	56	52	50	47	45	43	41	39	37	35	34	32	31	30	29	17st 9lb			
110		58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17st 5lb			
108		57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17st			
106		56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16st 10lb			
104		55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16st 5lb			
102		54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16st 1lb			
100		53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15st 10lb			
98		51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15st 6lb			
96		50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15st 2lb			
94		49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14st 11lb			
92		48	46	44	41	39	37	35	33	32	30	29	28	27	25	24	23	14st 7lb			
90		47	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	14st 2lb			
88		46	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	13st 12lb			
86		45	43	41	38	36	34	33	31	30	28	27	26	25	24	23	22	13st 8lb			
84		44	42	40	37	35	34	32	30	29	28	27	25	24	23	22	21	13st 3lb			
82		43	41	39	36	35	33	31	30	28	27	26	25	24	23	22	21	12st 13lb			
80		42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12st 8lb			
78		41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12st 4lb			
76		40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12st			
74		39	37	36	33	31	30	28	27	26	24	23	22	21	20	20	19	11st 9lb			
72		38	36	35	32	30	29	27	26	25	24	23	22	21	20	19	18	11st 5lb			
70		37	35	34	31	30	28	27	25	24	23	22	21	20	19	19	18	11st			
68		36	34	33	30	29	27	26	25	24	22	21	21	20	19	18	17	10st 10lb			
66		35	33	32	29	28	26	25	24	23	22	21	20	19	18	18	17	10st 6lb			
64		34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10st 1lb			
62		33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9st 11lb			
60		32	30	28	27	25	24	23	21	21	20	19	18	17	17	16	15	9st 6lb			
58		30	29	27	26	24	23	22	20	20	19	18	18	17	16	15	15	9st 2lb			
56		29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8st 11lb			
54		28	27	25	24	23	22	21	19	19	17	17	16	16	15	14	14	8st 7lb			
52		27	26	24	23	22	21	20	18	18	17	16	16	15	14	14	13	8st 3lb			
50		26	25	23	22	21	20	19	17	17	17	16	16	15	14	14	13	7st 12lb			
48		25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7st 8lb			
46		24	23	22	20	19	18	18	16	16	15	15	14	13	13	12	12	7st 3lb			
44		23	22	21	20	19	18	17	15	15	15	14	13	13	12	12	11	6st 13lb			
42		22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6st 9lb			
40		21	20	19	18	17	16	15	14	14	13	13	12	12	11	10	10	6st 4lb			
38		20	19	18	17	16	15	14	13	13	12	11	11	11	10	10	10	6st			
36		19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	5st 9lb			

Weight in S/L/B



# Mark Smithers loses over 10st

I'm Mark from Orpington and this is my Slim & Save Story. I started to gain weight from the age of twelve. I ate all the wrong foods including cakes, chocolates, biscuits and bread was my main addiction.

I had tried to diet before but found this didn't educate me in regards to my eating habits. I did lose a little weight, but eventually put it all back on again. This cycle went on for 18 years, just eating and playing computer games. I did not go out anywhere, I was in my own little bubble.

My mum's best friend became very ill with Cancer. Maggie was like a member of the family, I had grown up with her since the day I was born. Unfortunately, she had terminal Cancer and was given weeks to live which devastated us all. In the Hospice, when we were all sitting round her bed, I made a vow to her and to myself that this was it. I was going to lose the weight.

I ordered my first packs and have never looked back. I started at 23 stone 12 lbs, and now I am 13st 6lb. I have lost a whopping 10st 6lb's! I have so much energy now, I go swimming, to the gym and even do boxercise. It took me a year to get where I am today. I love buying new clothes, its a great feeling to go into a shop and buy clothes that fit and look nice, and I have found a new lease of life.

My confidence is good and I am socialising with people more, and may I add getting a lot more attention from the ladies, this has never happened to me!

I am so happy now I can do things I could not do before. I have so much more confidence and energy. Life is for living and thanks to Slim & Save I can do all the things I thought I would never do. Also, my mum and family are so proud of me and I know Maggie is looking down proudly too with a great big smile.

Watch Mark's Slim & Save video interview here: [www.sns.co.uk/mark/](http://www.sns.co.uk/mark/)



*"I started at 23 stone 12 lbs, and now I am 13st 6lb. I have lost a whopping 10st 6lb's!"*

# Success Stories



## Karen Walker

After falling into bad habits of drinking wine and late night snacking, Karen found herself at her heaviest weighing 13st 8lb. Karen chose the Simplicity Plan to eliminate any temptations and soon found herself on track to her target weight of 9st 13lb.

**Karen lost 3st 9lb in 14 weeks!**

[www.sns.co.uk/karen/](http://www.sns.co.uk/karen/)

## Cara Young

Cara entered the Slim & Save Summer Weight Loss Challenge in 2016, after her weight had spiralled out of control to over 22 stone, since sadly losing her mum. In January 2016, she took back control of her life and after 7 months managed to achieve a weight loss of 6 stone 9 lbs, which then gave her the confidence to follow her dream of moving house and owning her very own farm.

**Cara lost 6st 9lb!**

[www.sns.co.uk/cara/](http://www.sns.co.uk/cara/)



## Sarah Watkins

Sarah decided to give Slim & Save a try whilst her husband was working away for a few weeks. After dropping weight quickly and finding the plan enjoyable Sarah stayed on plan after her husband returned home and went on to lose over 4st and achieved a healthy BMI. Returning to horse riding and planning a 5k run has given Sarah a happier and brighter future.

**Sarah lost 4st 3lb!**

[www.sns.co.uk/sarah/](http://www.sns.co.uk/sarah/)



# Delivery Information

## DPD Local

DPD offer a Next Working Day\* delivery service which we have found to be pretty much problem free and user friendly. Customers who choose DPD for delivery will receive an email and a text message which will confirm a 1 hour window of delivery (UK ONLY). The quoted delivery day can be changed by replying to the text message or email.

\*Next Working Day Delivery is not a guaranteed service, although 98% of the time this is achieved.

## Royal Mail

Smaller orders or orders to the UK Islands and Highlands are generally sent via Royal Mail. Royal Mail offer 1st & 2nd class services as well as upgraded 'Signed For' services. Sometimes Royal Mail can be very slow so we do not recommend choosing this method if you need your packs urgently.

## DPD Europe

For European orders we generally send via DPD by road which is usually a 2 to 3 day service depending on your location. Due to our high volume of European orders we are able to offer deliveries to most of Europe from only £4.99!

Please check our website for delivery timescales and prices.

## Next Day Delivery

Please be aware that next working day delivery is a Monday to Friday service only.

Orders placed after 4:30pm on a Thursday will be delivered on a Monday (Unless Saturday or Sunday delivery has been purchased).

Orders placed after 4:30pm on a Friday up until Monday 4:30pm will be delivered on the Tuesday.

Please ensure you re-order in plenty of time so that you do not run out of food packs. We recommend re-ordering whilst you still have 4 days supply of packs left as we cannot guarantee all orders will arrive next day.

## Problems with your order

Occasionally mistakes can happen and when they do we will act quickly to put them right for you.

To ensure we are providing the best service to our customers we record the packing of all orders via CCTV, this protects both you and us. If you are unfortunate to have a problem with your order simply contact us with your "Packing Bay CCTV Reference" from the bottom of your invoice. We will watch your order being packed and put right any problems with your order.

It is essential you check your order as soon as you receive it. If there are any problems such as damaged or missing items you must inform us within 72 hours of receiving your order to enable us to investigate the matter and resolve it for you.

