

# Slim & Save VLCD Programme

Slim & Save VLCD Programme is suitable for anyone with a BMI greater than 25 or has at least 14lb to lose, providing they are not pregnant, breast feeding, insulin dependent (type 1 diabetes) or have a serious medical condition that requires a doctors written confirmation or is under 18 years old.

More so than any other diet, a **TFR/VLCD 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 on 01642 762 252.

You can only stay on Slim & Save VLCD Program for 12 weeks, after which time you must take at least a 2 week break. (Speak to our Diet & Nutrition Advisor about this).

**For Women:** There are 2 different programmes “**3 items per day**” or “**4 items per day**”. If you have purchased the 3 items per day you will be getting between 400 & 500 calories per day so with this we recommend also consuming either 100g of chicken breast or turkey (grilled or steamed without skin), tinned or fresh tuna, salmon or any white fish grilled or steamed. This will make up an average of 550 to 650 calories (the same calories as the 4 per day and still maintain ketosis and great results). On the 4 Items per day, you will be getting between 550 & 650 calories per day, depending on the meals you choose. (calories vary per item see reverse of sheet).

**For Men:** There are 2 Different programmes “**4 items per day**” or “**5 items per day**”. If you have purchased the 4 items per day you will be getting between 550 & 650 calories per day so with this we recommend also consuming either 100g of chicken breast or turkey (grilled or steamed without skin), tinned or fresh tuna, salmon or any white fish grilled or steamed. This will make up an average of 675 to 775 calories (the same calories as the 5 per day and still maintain ketosis and great results). On the 5 items per day you will be getting between 675 & 775 calories per day, depending on the meals you choose. (calories vary per item see reverse of sheet).

## Each day you may also have:

- **150ml** of Skimmed Milk. Can be used in tea, coffee, porridge, shakes or drank on it its own.
- **200g of:** Asparagus, Bamboo Shoots (canned, drained), Broccoli, Cauliflower, Celery, Courgettes, Cucumber, Fennel, Gherkins, Green Peppers, Green Chili Peppers, Leeks, Lettuce, Mushrooms (not fried), Olives, Rocket Salad, Shallots, Spinach, Spring Onions, Swede (flesh only), Turnip (flesh only & must be boiled) Watercress & White Cabbage.

For women on the 3 items per day or men on the 4 items per day programmes we advise that you take a multi vitamin with minerals to ensure you are getting all of the required RDA% of vitamins and minerals in your diet.

We do not recommend you eat more than 1 Meal Replacement Bar each day. This will out balance your nutrition levels and could also risk bringing you out of ketosis. Also remember you must drink 2.5-3 litres of water per day. You may also have Black Tea or Coffee with artificial sweetener or any herbal teas but not fruit/flower teas.

If you have any questions call us on 01642 762 252, catch us on live help, or email [support@slimandsave.co.uk](mailto:support@slimandsave.co.uk)

Turn over sheet for preparation instructions.

For full nutritional information see: <http://www.slimandsave.co.uk/vlcd-values/>

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### Original Oatmeal:

- For microwave cooking: empty contents of one packet into a microwave safe dish and stir in 150ml of water. (or skimmed milk).
- Microwave (medium heat) for 1 minute. Stir and then microwave for further 1 to 2 minutes.
- Let stand 2 to 3 minutes before eating.
- For a saucepan cooking: empty content of one packet into 150ml of water (or skimmed milk).
- Simmer for 3 to 4 minutes, stirring occasionally.
- Let stand for 2 to 3 minutes before eating.

### Sweet Porridge:

1. For microwave cooking: empty contents of one packet into a microwave safe dish and stir in 110ml of cold water.
2. Microwave on full heat for 90 seconds.
3. Whisk.
4. Microwave for further 60 seconds.
5. Let stand 1 to 2 minutes before eating.

### Shakes:

1. Empty contents of one packet into a shaker.
2. Add 250 to 350ml of cold water and shake until mixed.

### Cottage Pie:

1. Empty contents of one packet into a small saucepan (or into a microwave safe bowl).
2. Add 160 to 170ml of boiling water.
3. Microwave on high for 30 seconds.
4. Stir and microwave for 15 to 30 seconds.

### Chili Con Carne or Spicy Spaghetti Bolognese:

1. Empty contents of one packet into a small saucepan (or into a microwave safe bowl).
2. Add 125 to 145ml of boiling water.
3. Microwave on high for 2 minutes, stirring occasionally.
4. Take out of microwave and let stand for 2 to 3 minutes.

### Tomato Chili or Spaghetti Bolognese (Silver Packs):

1. Empty contents of one packet into a microwave safe bowl.
2. Add 130 to 140ml of cold water.
3. Microwave on high for 90 seconds
4. Remove, whisk and microwave for further 90 seconds.
5. Take out of microwave and let stand for 2 to 3 minutes.

### Macaroni Cheese or Mushroom Pasta:

1. Empty content of one packet into a microwave safe bowl.
2. Add 100 to 120 ml of cold water.
3. Microwave on high for 90 seconds
4. Remove, whisk and microwave for further 90 seconds.
5. Take out of microwave and let stand for 2 to 3 minutes.

### All Soups:

1. Empty contents of one packet into a bowl.
2. Add 160 to 170ml of hot but not boiling water and stir for a few seconds until it dissolves with a whisk.

## Quick Calories / Per Serving

### **150ml Skimmed Milk – 50 Calories**

### Shakes/Meals With Water

- Banana Shakes: **131 Calories**
- Café Latte Shakes: **130 Calories**
- Caramel Shakes: **122 Calories**
- Chocolate Shakes: **130 Calories**
- Crispy Chocolate: **137 Calories**
- Crispy Vanilla: **136 Calories**
- Hazelnut Shakes: **128 Calories**
- Red Fruits Shakes: **121 Calories**
- Strawberry Shakes: **134 Calories**
- Vanilla Shakes: **135 Calories**
- Vanilla Caramel Shakes: **132 Calories**
- Original Oatmeal: **146 Calories**
- Sweet Porridge: **150 Calories**
- Chili Con Carne: **135 Calories**
- Tomato Chili: **167 Calories**
- Cottage Pie: **135 Calories**
- Mushroom Soup: **135 Calories**
- Macaroni Cheese: **158 Calories**
- Mushroom Pasta: **146 Calories**
- Spicy Spaghetti Bolognese: **136 Calories**
- Spaghetti Bolognese: **163 Calories**
- Chicken Soup: **135 Calories**
- Tomato Soup: **127 Calories**
- Vegetable Soup: **135 Calories**

### Ready to Eat

- Chocolate Coconut Bar: **109 Calories**
- Chocolate Praline: **126 Calories**
- Chocolate Vanilla & Almond: **109 Calories**
- Dark Choc Truffa Bar: **134 Calories**
- Lemon, Yoghurt & White Choc: **129 Calories**
  
- Maple Fruits & Almonds Bar: **139 Calories**
- Muesli Bar: **145 Calories**

When following a VLCD Programme it is recommended to drink at least 2.5 to 3 litres of water per day (max 3.5litres).

For best results do not eat more than 1 meal replacement bar each day.

**IMPORTANT.** Before starting a VLCD Diet you should consult with your doctor to ensure that this programme is suitable for you. If you find the VLCD programme is not suited to you, you may use the products to substitute one or two meals per day to help lower your calories and still get results. Though not as effective as a Full VLCD, this is still a great method to lose weight quickly. If following as a low calorie diet and not a VLCD contact us for some low calorie meal ideas.

**Consume all meals or shakes within 10 minutes.**

Microwave cooking is estimated based on 800w microwave, please adjust based on your own microwave power level.

### **VERY IMPORTANT – Nut or Other Allergen**

Some products are manufactured on equipment that also processes nuts, seeds, eggs, peanuts, gluten, celery or sulfites. Please check individual products at <http://slimandsave.co.uk/vlcd-values/> for full details or call us on 01642 762 252