

BEAUTY IS SKIN DEEP

Beauty is Skin Deep is pleased to offer a range of slimming products for those of you who would like to follow a meal replacement diet

- Q. What is a meal replacement diet?
- A. A diet plan where all the food products are calorie counted and portion controlled providing all your daily nutrients.
- Q. How long should I follow such a plan?
- A. This depends on how much weight you wish to lose.

There are four steps to this plan:

- Stage 1** This is based on 1000 Calories per day to include five protein portions with authorized vegetables and drinks. You would follow this stage for 10 days.
- Stage 2** This is based on 1200 Calories per day and includes four protein portions and the introduction of a balanced home cooked evening meal.
- Stage 3** This is based on up to 1500 Calories per day and includes two protein products two home cooked meals and the introduction of complex carbohydrates.
- Stage 4** When you have reached your target weight you can return to an eating plan to maintain your weight.

Contra –Indications

The following diet plan is a safe and proven method of weight loss but if you suffer from any of the conditions below we would always suggest you consult with your GP before embarking on any restricted diet.

Insulin dependant diabetes

Renal Failure

Heart Failure

Pregnant and during breast feeding

Taking antibiotics

Age extremes-under 18 and over 70.

Stage 1 Protein diet duration 10 days

YOUR DAY

Breakfast 1 protein sachet meal

Snack 1 protein sachet meal

Lunch 1 protein sachet meal vegetables authorized from lists 1 and 2

Snack 1 protein sachet meal

Dinner 1 protein sachet meal vegetables authorized from list 1

List 1	List 2
Asparagus	Beetroot
Aubergines	Brussels sprouts
Broccoli	Carrots
Celery	French Beans
Cucumber	Leeks
Cauliflower	Onions white and red
Chinese cabbage	Parsnips
Courgette	Swede
Green Cabbage	Sweet potato
Mushrooms	Sweetcorn
Peppers any colour	
Radish	
Salad Leaves	
Spinach	
Salad Leaves	
Spring Onions	
Tomatoes	
Watercress	

Stage 1 Protein nutrition

DIRECTIONS FOR USE

Preparation of Protein products

Simple and quick to prepare with a large selection of flavours to help avoid monotony.

- Guidelines may vary from product to product. Please follow the preparation instructions for each product on the back of its box.
- Due to the high protein content of these products it is important not to reconstitute them using boiling water (45° maximum). Let hot preparations stand for a few minutes before eating and they will taste much better.

Preparation of vegetables

Vegetables should be prepared in any of the following ways:

- Plain (radish or celery stick eaten raw with coarse salt).
- Mixed salad (cucumber, tomatoes, cauliflower, green leaves + seasoning).
- Cooked (boiled, steamed, or ratatouille).

Seasoning per day

- Salt, pepper, herbs and spices.
- French dressing: made with the following: salt, pepper, vinegar, lemon juice, strong mustard, olive oil or sunflower oil.

Authorized drinks: 1.5 to 2 litres minimum

- Flat or sparkling water.
- Green tea or light black tea.
- Decaffeinated coffee or weak coffee.
- Herbal teas and infusions.

All these drinks should be taken without sugar. It is permissible to use a sweetener until you manage overcome the need for sugar.

Some advice in case of...

- **Constipation**
Due to the reduction in the volume of food, constipation can occur if you are not eating enough fibre. Eat more vegetables from list 1, preferably cooked. You can also drink water rich in magnesium. If constipation persists or if you had previous constipation, then ask advise from your doctor.
- **Diarrhoea**
Change in nutrition or excessive consumption of vegetables may irritate the gut. It sometimes comes from intolerance to lactose and occasionally intolerance to milk proteins which accelerate the transit of foods. If symptoms persist contact your doctor.
- **Headaches**
Headaches - can occur during the first few days always make sure you are hydrated. Keep a bottle of water with you at all times.
- **Bad breath**
When your body breaks down fat it produces ketones. A side effect of the raised levels of ketones is bitter taste and sometimes bad breath
- **Fatigue, cramps**
These symptoms generally result from a lack of salt, potassium or magnesium. Inform your doctor of any possible problem.

Stage 2 Protein diet

PRINCIPLES

This next stage you will be introducing foods into your diet. You will still be restricting the amount of carbohydrates and fats. You may follow this stage for as long as is necessary, several weeks or even several months.

Phase 2 Transition period

YOUR DAY

Breakfast	1 protein sachet meal
Snack	1 protein sachet meal or sachet meal
Lunch	1 Protein sachet meal with any vegetables & 1 dairy product (i.e. yoghurt with no sugar)
Snack	1 protein sachet meal or sachet meal
Dinner	1 portion protein with any vegetables

Phase 2 Selective nutrition

DIRECTIONS FOR USE

Preparation of meat and fish

Fish, meat and poultry are to be cooked without fat or oil. Roast, grill, poach or steam

Preparation of vegetables

Vegetables can be prepared (without adding fat or oil):

- Mixed salad (salad leaves, tomatoes, celery plus seasoning).
- Cooked (boiled, steamed, or ratatouille).

Seasoning per day

- Salt, pepper, all spices, and herbs.
- French dressing (once a day): salt, pepper, vinegar or lemon juice (1 dessert spoon), strong mustard (1 tea spoon), olive oil (1 to 2 dessert spoons).
- You can replace 1 dessert spoon olive oil with 1 dessert spoon fresh low-fat crème fraîche.

Authorized drinks: 1.5 to 2 litres minimum.

- Flat or sparkling water.
- Green tea or light black tea.
- Decaffeinated coffee or weak coffee.
- Herbal teas and infusions.

All these drinks are to be taken without sugar. It is permissible to use a sweetener until you manage to overcome the need for sugar.

Stage 3 Stabilisation

ON THE WAY TO BETTER AND PERMANENT DIET AND LIFESTYLE HABITS

Stage 3 may be followed for those who:

- Don't want to or are unable to start your programme with phase 1 or 2.
- Have only a little weight to lose and want your meals to remain sociable.
- Have lost weight and are close to their goal.

Stage 3 plays a key role in your slimming programme in establishing long term good nutrition which can improve your health and weight. This stage is vital for the long-term maintenance of weight loss.

It is based on the progressive re-introduction of carbohydrates. As you increase the variety of foods that you are allowed to eat your meals will also become more sociable.

How do we reintroduce different foods?

The intake of protein, raw and cooked vegetables and vegetable oils, which formed the diet in Stage 1 and 2, will be progressively complemented by foods richer in carbohydrate and/or fat. This includes fruits, pulses, unrefined cereals, nuts and seeds, and small quantities of refined cereals and other high glycaemic foods.

Please Note:

You are advised to drink a minimum of 1.5L of water per day to facilitate the excretion of waste products derived from the breakdown of fat reserves.

Stage 3 Stabilisation

YOUR DAY

Breakfast Protein product, 1 slice of coarse wholemeal bread, 1 piece of fruit and/or 1 dairy portion

Snack Protein product or a handful of unsalted nuts; walnuts, hazelnuts or almonds

Lunch Portion of protein (fish, seafood, lean meat...) Side dishes containing cooked or raw vegetables. A piece of fruit: choose fruits in season and avoid fruit that is too ripe

Snack Protein product, a handful of nuts: only walnuts, hazelnuts or almonds

Dinner 1 Portion protein, 2-3 portions any vegetables, 1 portion dairy protein or fruit

Phase 3 Stabilisation

NUTRITIONAL EQUIVALENTS

1 portion fruit means

- 1/2 pineapple
- 1/2 melon, banana, grapefruit, mango, papaya
- 1 apple, pear, orange, peach, nectarine
- 2 apricots, kiwis, Clementine's or Satsuma
- 3 plums
- 150 g of strawberries, blackberries, red currants
- 4 tablespoons (about 100g) of compote without sugar

1 portion dairy protein means

- 1 large glass of skimmed milk
- 1 low fat yoghurt
- 100 g of fromage frais at 20% fat or 200 g at 0% fat content
- 30 g of cheese at 45% fat or 50 g cheese at 25% fat content.

Foods to be avoided

- Fruit juices and sugar sweetened drinks
- Cakes, sweets and biscuits
- Fatty meats and cured meats

Alcoholic drinks

Only low alcohol drinks are permissible. This is allowed but to be taken only infrequently. Strictly limit intake to one 15cl glass of red/white/sparkling wine or 25cl of beer. Aperitifs, sweet and fortified wines, brandy, and liqueurs should be avoided altogether.

Make sure you exercise regularly. Start by walking up stairs instead of using the lift, go out for walks with your family at weekends. Stop when you feel moderately out of breath.

The best exercise is at medium intensity: walking, cycling outdoors, swimming, gentle gym workout, DVD exercise workouts, gardening or even housework. It is best to agree on a programme with your doctor, taking into account your life style, your preferences and what suits your lifestyle.

Stage 4 **Balanced nutrition**

PRINCIPLES

Maintain your weight Keep motivated Enjoy life

Stage 4 **Balanced nutrition**

YOUR DAY

Breakfast 2 portions bread or cereal (low sugar) with milk, 1 portion fruit or 1 cooked egg without fat with toast, 1 portion milk protein, 1 portion fruit

Lunch 1 portion protein, 2-3 portion vegetables, 2 portions carbohydrate products
1 portion milk protein, 1 portion fruit

Snack 1 Protein product

Dinner 1 Portion protein, 2-3 portions vegetables, 2 portions carbohydrate products, 1 portion fruit

Stage 4 **Balanced nutrition**

1 portion protein:

- 4 thin slices of cooked lean ham
- 2 eggs
- 150g lean beef, chicken or turkey without skin, veal.
- 120g other meat (pork, lamb)
- 200g fish, shell fish, seafood
- 250 g tofu

1 portion dairy protein equals:

- 1 large glass of semi skimmed milk,
- 150gm low fat yogurt
- 30g cheese(45 % fat)
- 50g cheese (25 % fat)
- 150gm plain soya dessert

1 portion fruit equals:

- 1/4 pineapple
- 1/2 melon, grapefruit or mango
- 1 apple, pear or orange
- 2 apricots or kiwis
- 3 plums or Satsuma's.
- 150g strawberries, raspberries, blackberries or redcurrants

Avoid cherries, grapes, banana and figs

One portion carbohydrate product equals:

- 2 slices of bread (about 30g)
- 3 rice cakes or crackers.
- 3 level dessert spoons rice or pasta (preferably brown rice)
- 1 average potato (about 100g) cooked without fat
- 4 level dessert spoons lentils, haricot beans, cooked chick-peas
- 6 level dessert spoons cooked peas.

Vegetables

All vegetables are authorized. Daily consumption is recommended.

Preparation of fish and meat

Fish, meat and poultry are to be cooked with limited fat (roast, grill, poach, steam,)

Seasonings

Salt, pepper, mustard, spices, vinegar, lemon juice, olive oil and sunflower oil.

Fat content / One portion fat content equals:

- Olive, sunflower or nut oil: 1 dessert spoon
- Butter or margarine: 10g
- Low-fat butter or low-fat margarine: 20g
- Fresh cream: 1 dessert spoon
- Low-fat fresh cream: 2 dessert spoons.

Drinks 1 ½ - 2 litres water per day

- Tea, coffee, herbal tea
- Wine and other alcohol should be limited to 1 - 2 glasses occasionally.
- One glass fresh fruit juice