

Health Professional Guide to **All About Weight** and **Lifestyle Nutrition**

Fighting obesity...

Working with
Community-based
Pharmacies,
NHS Trusts
and GPs.

Delivering
successful
weight
management
in your
community.

Combine the pleasure of eating
whilst losing weight, with respect
for your well-being.



All About
Weight
HEALTHY WEIGHT LOSS





Working together to improve health



Weight loss is theoretically simple but tremendously difficult to achieve in practice, and even a 5% lasting weight loss is rare with usual care. Knowledge of the science of weight gain and loss has increased dramatically in recent years, but unfortunately so has the prevalence of obesity and being overweight. Behaviour change is the key, and this requires a large input of time and resources in primary and secondary care.

GP surgeries and NHS budgets are already stretched, but All About Weight can reduce the burden on the NHS by reducing the need for medications and preventing obesity-associated disease. All About Weight can reduce the time that health professionals spend giving weight loss advice, leaving them more time to use their skills to help patients with more complex clinical needs.

All About Weight delivers successful weight loss and weight management plans to the whole of the UK through a network of local consultancies and online support.

You and your local All About Weight Consultant Mentor can work together to improve the health of your community.



Obesity market report



The number of prescription items dispensed for the treatment of obesity reached 1.45 million in 2009, up from 127,000 a decade earlier.

The NHS report – 'Statistics on obesity, physical activity and diet: England, 2011' – reveals that the total net ingredient cost (NIC) for drugs for the treatment of obesity increased from £6.6m in 2000 to £46.8m in 2009, reaching its peak in 2007 at £51.6m.

The NIC per item decreased from £42 in 2000 to £32 in 2009, peaking at £45 in 2006.



The changing face of weight management



The majority of the UK population is now either overweight or obese. As waistlines continue to grow, so do the number of people with Type 2 diabetes and cardiovascular disease. Thankfully, the number of people dying from these diseases is falling, but with more and more overweight people developing chronic conditions that require lifelong treatment, the burden on the NHS is increasing dramatically.

Diets, environments and lifestyles have changed considerably in the last decade and there is ongoing debate about which factor is mainly responsible for the obesity crisis. Whatever the reality, modern life is perceived as being fast paced, and many people complain of not having time to look after their health. The way people want to manage their weight has also changed. The internet and media literate generation is accustomed to using modern, high-tech solutions to problems that get results quickly. People want to lose weight now, and expect that it is possible to reach their ideal weight with a minimum of effort. When people read

stories of celebrity weight loss and dramatic makeovers, they expect that they can do the same without appreciating the intensive support and resources available to such people. Unrealistic expectations mean that people are less likely to have the patience and willpower required to diet in the traditional way, and they don't want to hear the standard healthy eating, portion control messages they have heard many times before. Although traditional diets can reduce weight if adhered to, the 1-2lb weekly weight loss this can achieve is not seen as success in today's quick-fix society, and many people give up before they achieve clinically significant weight loss. This leads to the false impression that traditional diets don't work and a mistrust of the same repeated government healthy eating messages.

Patients who are very obese will take years to reach a healthy weight at the rate of 1-2lb per week, and in the meantime they suffer accumulating health problems and disability. In primary care weight loss services, most obese patients only achieve a small weight loss that may not make a significant difference to their quality of life. This comes at considerable expense to the NHS and possible detriment to their mental health because constant dieting to little effect is very demoralising. People are increasingly taking a consumer attitude to weight loss and expect that they can buy a pill or product that will enable them to reach their ideal weight quickly, with little personal effort or change to their lifestyle. This is not yet a reality. Existing medications provide marginal benefit and only when paired with other lifestyle interventions.



How we can help you achieve meaningful weight loss



All About Weight offers a number of different plans to bring about meaningful weight loss for different people. Fortified meal replacements, combined with healthy foods and portion control, ensure complete nutrition and dependable weight

loss. Healthy eating education and a programme of lifestyle change help clients gain control of their eating and work towards a long-term healthy lifestyle to maintain their weight. Structured weight loss plans using meal replacements eliminate the uncertainty and room for error of traditional diets. According to the **British Dietetic Association**, meal replacement plans are considered a good option for people who like a simple approach to weight loss and don't want to have to think about planning or preparing individual meals. They're also a potentially good option for people who prefer to eat foods that are already calorie and portion controlled for them. **Dietitians from Obesity Management UK** say they may be useful for people who have difficulty finding time to prepare meals or struggle to control or understand portion sizes. **NICE** guidelines on obesity management in the non-clinical setting say that: "... there is moderate evidence that a multi-component commercial group programme may be more effective



than a standard self-help programme." As the clients of commercial weight management providers continue to enjoy success and more studies are conducted, supporting evidence for this method is likely to accumulate.

All About Weight can provide a complete service of weight loss, maintenance and increased physical activity. In today's obesogenic environment even people who successfully reach a healthy weight, often 'go off the rails' and find themselves putting weight back on. All About Weight does not discharge clients, so they can come to us for support whenever they need it. Our maintenance plan has a built-in system of alerts so that any regaining of weight is quickly nipped in the bud.

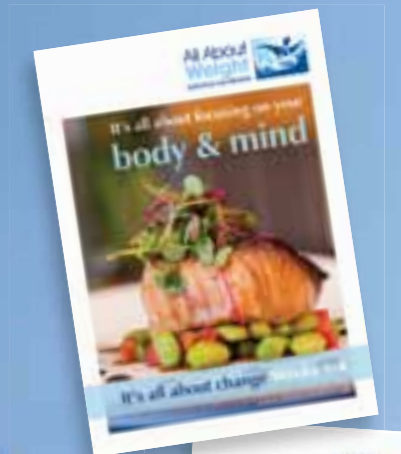
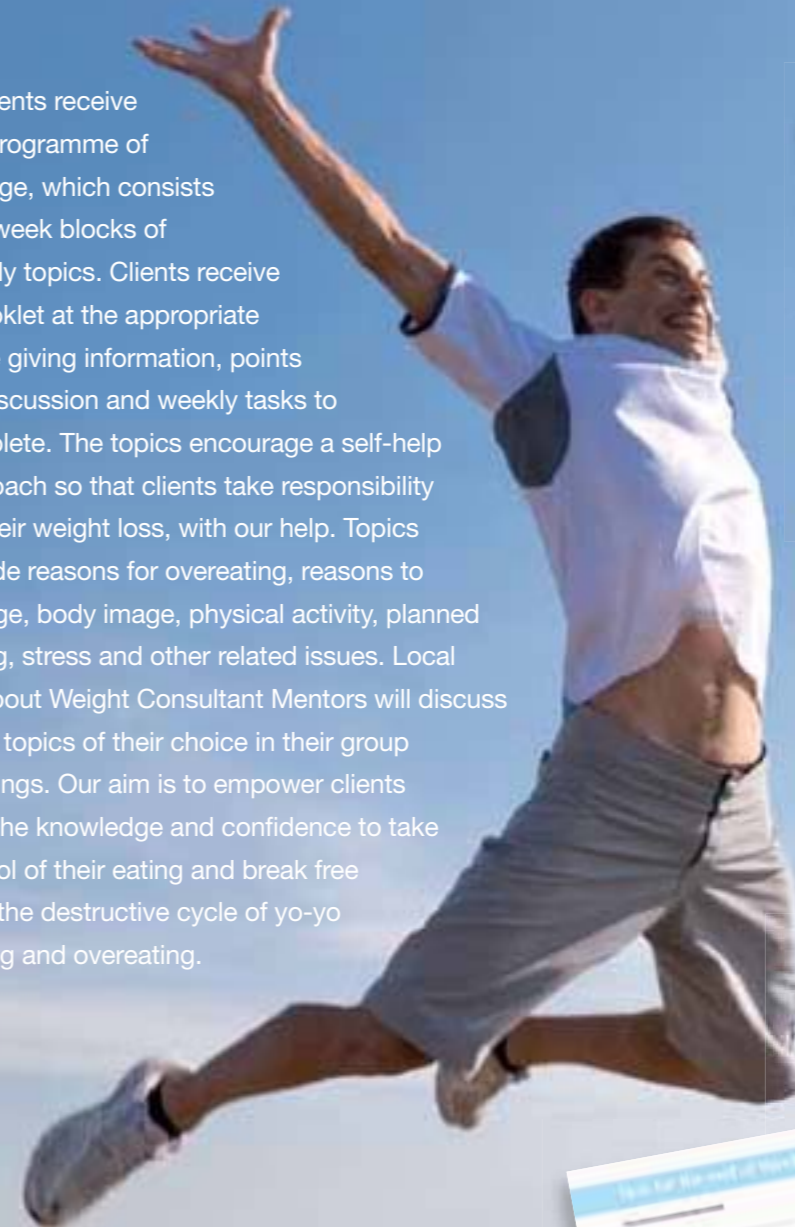


Mind, Body & Balance: regain control around your eating habits

All clients receive our Programme of Change, which consists of 4-week blocks of weekly topics. Clients receive a booklet at the appropriate stage giving information, points for discussion and weekly tasks to complete. The topics encourage a self-help approach so that clients take responsibility for their weight loss, with our help. Topics include reasons for overeating, reasons to change, body image, physical activity, planned eating, stress and other related issues. Local All About Weight Consultant Mentors will discuss other topics of their choice in their group meetings. Our aim is to empower clients with the knowledge and confidence to take control of their eating and break free from the destructive cycle of yo-yo dieting and overeating.

Our Mind, Body & Balance programme is FREE and optional for all our clients.

This is not a mandatory programme with All About Weight.





Solid support

Providing information and Mealpaks™ is only part of what we do. Weight loss is a journey and the lifestyle changes will be difficult for some people; many people will need psychological and emotional support to help them through the inevitable difficult periods. We have an experienced Customer Service Team who are available from 9am to 9pm to take calls and answer emails. Underpinning Customer Services and Consultant Mentors are highly trained and qualified dietitians and fitness instructors who can offer help with specific questions, and both teams are available to give support and advice through a live messaging service accessed via our website.

Clients have their own online page where they record their weight and waist measurements each week and they can send a message to our team, who will reply

with support and advice. They also have a lively online community of fellow dieters who provide peer support.

Local Consultant Mentors are fully trained in all aspects of the plans. Weekly optional client group meetings offer monitoring, education and support. Licensed All About Weight Consultant Mentors work closely with the team of experts and health professionals at HQ to provide a well-rounded support service to clients.

Research shows that higher BMI is associated with more frequent GP appointments. All About Weight can reduce the strain on your practice caused by overweight patients by spending the time with them that they need and acting as a first port of call for support. Our advisors do not provide clinical advice and seek only to complement, not replace, health professionals. By working in partnership we can deliver a high standard of care and real results.



Common concerns

Is there robust health screening and selection?

We know that our weight loss plans will not be suitable for everyone, and we only wish to take on clients who are likely to succeed and lose weight without compromising their health. All prospective clients must answer a series of health screening questions when they register with us, and this information directs them to the plans that will suit them. Clients with diabetes controlled by insulin and certain medications will complete additional screening, and their GP will be consulted and involved in their weight loss journey.

Clients taking certain medications that may need to be adjusted must provide the details of their GP, who will then be contacted. Our health team includes registered dietitians who are on hand to check any health issues and tailor our plans to the specific needs of a client as necessary. This qualified team, along with a caring Customer Care team, assist all clients of All About Weight, whilst our network of Consultant Mentors offer real life mentoring, encouragement and plenty of support so clients do not feel isolated.

Are meal replacements nutritionally adequate?

Modern meal replacements are not the nutritionally-deficient, potentially harmful products they were in the early days of 'liquid protein' and Very Low Calorie Diets (VLCDs). Their composition is now controlled by EU regulations ensuring high standards of nutritional quality and clear labelling. All About Weight products

are market leaders in quality nutrition. Our products are manufactured to meet all necessary EU standards and also voluntarily meet the standards required for complete meal replacements in VLCDs, although our plans contain added foods and **are not VLCDs**.

It's all about Mealpaks and food

From Mealpaks™ to our range of accessories...
Receive all your vitamins, minerals and fatty acids along with quality proteins that your body needs every day.

Combine the pleasure of eating whilst losing weight, with respect for your well-being.
All About Weight Lifestyle Nutrition means losing weight as you live your life, whoever you are.



Are meal replacement diets low in fibre?

All About Weight products contain added fibre to meet EU requirements and CODEX standards. The plans also include fruit, nuts and vegetables to provide additional

fibre. A fibre supplement is an optional extra. We encourage a good fluid intake (2-3 litres) a day and regular physical activity, which will help to prevent constipation.

Are meal replacement diets a long-term solution?

Unlike other providers, All About Weight want to facilitate lasting weight loss, so our aim is to educate clients to follow a healthy diet that they can maintain in the long term, without needing meal replacements. We have a series of plans, designed to be followed in succession, which lead into a plan for long-term weight maintenance based on low Glycaemic Index (GI), healthy eating principles and portion control. We educate and empower clients to make healthy choices and change their eating behaviour. All About Weight does not believe

in total abstinence from conventional food. Initially, clients replace most meals and benefit from freedom away from temptation and having food dominate their life. They see a good level of consistent weight loss that keeps them motivated, and by working through the plans they introduce more foods and take control of their eating. When clients no longer need any products and are happy to just maintain their weight, they can continue to get support and motivation from our trained team for as long as they require.

Does All About Weight address psychological factors?

Our plans include a structured Programme of Change to address underlying psychological issues around body image and eating behaviour. This includes self-help and homework tasks that ensure our clients have an active role in their weight loss journey, which eventually leads to a new and healthy lifestyle. We do try to encourage clients to join in with using these tasks, although they are optional and free.

Many All About Weight Consultant Mentors have successfully lost weight and are able to provide uniquely empathic support to their clients. Clients can get mutual support and advice from local group meetings and an online community of clients all over the UK. Trained advisors are also available by phone and email to give specific advice or just provide friendly support.

What about exercise?

All About Weight believe in a holistic approach to weight management. We know that whilst a reduction in energy intake is necessary to lose weight, the most successful plans are those that combine both diet and exercise. We also appreciate the multiple health benefits of physical activity at any weight, and so increasing physical activity is part of our plans from

the very start. Many overweight people are daunted or even frightened by exercise, so instead of setting standard gym routines we start small, gradually increasing physical activity and making it a part of everyday life. We have qualified fitness instructors who can give progressive, personalised exercise advice to clients as they lose weight and increase their fitness.



Key benefits for you and your patients

- ✓ **Safe, consistent weight reduction at a rate that is meaningful and motivating to patients.**
- ✓ **5% weight loss can bring significant improvements to health. All About Weight clients achieve this early on.**
- ✓ **Medications for hypertension, high cholesterol and diabetes can be reduced as soon as 4 weeks.**
- ✓ **A large range of high quality, tasty, nutritionally-complete meal replacements and ready meals can be used in combination with fresh, healthy foods.**
- ✓ **A series of structured plans developed by dietitians and experts in nutrition.**
- ✓ **Eating behaviour disorders corrected and a gradual transition to self-directed healthy eating and long-term weight maintenance.**
- ✓ **Local and online support from trained staff, including health professionals.**
- ✓ **A reduction in overweight-related appointments at your health centre and a corresponding reduction in costs.**
- ✓ **All About Weight keep you informed of your patient's progress and seek to be as flexible as possible, working with health professionals to meet the individual needs of the patient.**





Four lifestyle plans to change your life...

...and one to ensure it stays off forever.



On an All About Weight plan a client will eat small, nutritionally-complete, healthy meals and snacks at regular intervals to balance blood sugar and control appetite. This pattern of eating is recommended by **Diabetes UK** and a greater number of meals have been shown to improve satiety and glucose metabolism. **We find that our clients are so busy eating they do not feel hungry and find our plans easier to stick to than others that use just meal replacements.**

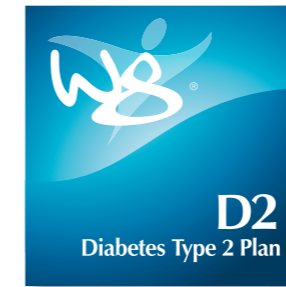
Clients receive a plan guide that details suitable foods and appropriate portion sizes to make meal planning simple. Our website and online community provide regular recipes to try so that clients are encouraged to try a wide range of healthy foods and healthy cooking methods. By working through the plans as designed, clients get more of their nutrition from foods and less from Mealpaks. They become more familiar with making healthy meals and learn a pattern of healthy eating that they can maintain in the maintenance phase.

All About Weight focuses on unprocessed foods that are low in saturated fats, low GI and are good

sources of fibre. Vegetables, fruit and oily fish are encouraged.

In addition to their added foods, clients have 2-3 litres of fluid per day (depending on their plan) and half a pint of milk (or fortified non-dairy alternative). They are allowed 1 tablespoon of unsaturated oil per day to boost their intake of essential fats and help to prevent gall stones, which are a risk on total abstinence VLCDs.

All About Weight's plans provide you with everything you need to stay healthy, whilst losing weight quickly and effectively.



Helping people with Type 2 diabetes lose weight

All About Weight D2 is a portion-controlled, reduced calorie, low fat, low GI eating plan recommended for people who have diabetes or are in the pre-diabetes stage.

"It's all about controlling your weight & blood sugar..."



Following a healthy diet and lifestyle is first-line treatment for Type 2 diabetes. If a client has recently been diagnosed with Type 2 diabetes, the chances are that they were advised to lose weight.

If they looked for help to lose weight, they may have found that not all commercial diet companies welcome people with diabetes or understand their needs, and not all diets are suitable for people with the condition.

All About Weight D2 is a diet plan that helps people with Type 2 diabetes achieve meaningful weight loss, maintain a healthy weight and improve their blood sugar control.

All About Weight supports the work of Diabetes UK, and D2 has been designed with dietary guidelines outlined by the organisation and put together by qualified dietitians.

The D2 Plan has been designed in two stages...

- 1: Following our D2 plan will help the client achieve meaningful weight loss.**
- 2: A healthy eating plan, by following a Low GI plan for clients to enjoy, will enhance health.**

It's an easy-to-follow plan that provides portion-controlled meals and includes all food groups recommended by Diabetes UK.

Adequate physical activity is essential for good health and diabetes control. All About Weight plans encourage regular exercise, tailored to the individual.



Position Statement (Mar 2011):
Low-carbohydrate diets for people with Type 2 diabetes

Low-carbohydrate diets have been a subject of discussion for over two decades. They have attracted attention as a means of losing weight and optimising blood glucose control, particularly in people with Type 2 diabetes. However, debate has arisen about whether this approach is both safe and effective.

Diabetes UK has reviewed the evidence from 1998–2009 relating to low-carbohydrate diets, weight control, blood glucose management and Type 2 diabetes.

Diabetes UK has concluded that:

Evidence exists suggesting that low-carbohydrate diets can lead to improvements in HbA1c and reductions in body weight in the short term (less than 1 year).

Weight loss from a low-carbohydrate diet may be due to a reduced calorie intake and not specifically as a result of the carbohydrate reduction associated with this diet.

Despite the short-term benefit there is a lack of evidence related to long-term safety and benefit of following this diet.

Diabetes UK recommends that:

A range of approaches to weight loss should be considered with the overall aim of energy intake being less than energy expenditure; and that the most appropriate method to achieve this is identified between the person with diabetes and their dietitian.

When considering a low-carbohydrate diet as an option for weight loss, people with diabetes should be made aware of possible side effects such as the risk of hypoglycaemia, headaches, lack of concentration and constipation.

Diabetes control should be considered and blood glucose levels need to be closely monitored with adjustments to medications as required.

Nutritional adequacy should be considered ensuring that optimal amounts of vitamins, minerals and fibre are supplied by the diet.

The amount of carbohydrate to be restricted should be agreed between the person with diabetes and their dietitian.



Working together to improve health



Welcome to the All About Weight Pharmacy

Until now there have been two types of diet available through pharmacies: extreme total meal replacement diets and VLCDs which are far removed from normal eating patterns, and vaguely structured partial meal replacement plans.



- **The first type gives fast weight loss that is unpleasant and difficult to sustain, may be unhealthy and is not a long-term solution.**
- **The second type is usually ineffective and leads to serial dieting and demoralisation.**

All About Weight takes the effective parts of other approaches and combines them with the latest weight loss techniques and products to offer a 'middle way' that offers both rapid and maximum weight loss with immediate and long-term improvements to health. It combines meal replacements formulated to VLCD standards with natural whole foods, physical activity and expert support in a weight loss journey that is structured enough to ensure results, but not onerous or overly restrictive.

From 2011, All About Weight's products and plans will be also be available through local community-based pharmacies throughout the UK.

All About Weight's points of difference

All About Weight IS: ✓

- ✓ A way to lose weight effectively and more quickly than old-fashioned diets and partial meal replacement plans.
- ✓ A way to lose weight quickly and safely without the risks to health or side effects of a VLCD.
- ✓ A way to make a clean break from unhealthy eating behaviours without avoiding all conventional foods.
- ✓ A way to regain control over eating and not to fear food.
- ✓ A flexible series of plans to suit different lifestyles and individual client needs.
- ✓ A clear road to a healthy lifestyle and long-term weight maintenance.
- ✓ Based on up-to-date scientific evidence on the science of effective weight loss.
- ✓ Based on high nutritionally superior products that are also tasty and convenient.
- ✓ A safe and effective method of weight loss and maintenance that suits fast-paced lifestyles.
- ✓ A fresh and modern approach to weight loss that meets consumer demand for meaningful results without compromising health.
- ✓ A holistic approach that includes diet, exercise and behaviour change.
- ✓ Suitable for males and females.
- ✓ A company with some of the best tasting and innovative products in the UK today, developed by some of the world's leading scientists.
- ✓ Very well established, in demand, proven and reliable.
- ✓ Complies with NICE guidelines for weight loss.
- ✓ A company with all products manufactured to EU Directives.

All About Weight IS NOT: ✗

- ✗ A VLCD, (defined by calories of under 600 kcal per day).
- ✗ An extreme method of unhealthy weight loss.
- ✗ An abnormal and impractical way of eating.
- ✗ An abstinence programme.
- ✗ A punitive authoritarian regime.
- ✗ A quick and temporary fix.
- ✗ A typical unstructured partial meal replacement plan.
- ✗ An internet-based meal replacement shop with no support or education.
- ✗ All about a huge energy deficit.
- ✗ All about calories.
- ✗ A very low fat diet.
- ✗ A very low carbohydrate diet.
- ✗ Based on principles of weight loss that have so far failed to halt rising obesity.
- ✗ Based on products that are a chore to eat and nutritionally inadequate to consume long term.





Busy eating and losing weight

On an All About Weight plan a client will eat small, nutritionally complete, healthy meals and snacks at regular intervals to balance blood sugar and control appetite. This pattern of eating is recommended by Diabetes UK, and a greater number of meals have been shown to improve satiety and glucose metabolism. We find that our clients are so busy eating they do not feel hungry and find our plans easier to stick to than others that use just meal replacements.

Clients receive a plan guide that details suitable foods and appropriate portion sizes to make meal planning simple. Our website and online community provide regular recipes to try so that clients are encouraged to try a wide range of healthy foods and healthy cooking methods. By working through the plans as designed, clients get more of their nutrition from foods and less

from Mealpaks. They become more familiar with making healthy meals and learn a pattern of healthy eating that they can maintain in the maintenance phase.

All About Weight focuses on unprocessed foods that are low in saturated fats, low GI and most are good sources of fibre. Vegetables, fruit and oily fish are encouraged.

In addition to their added foods, clients have 2-3 litres of fluid per day (depending on their plan) and half a pint of milk (or fortified non-dairy alternative). They are allowed 1 tablespoon of unsaturated oil per day to boost their intake of essential fats and help to prevent gall stones, which are a risk on total abstinence VLCDs.

As an example, the table below shows a typical day on our 50/50 plan...

Time	Drink	Food
7.30am	1 large glass of water	
8.00am	1 mug of tea with skimmed milk	1 porridge Mealpak with cinnamon and a splash of skimmed milk
10.00am	1 large glass of water	1 tangerine with a small handful of nuts
11.00am	1 mug of green tea	
1.00pm	1 large glass of water	1 vegetable soup Mealpak
2.00pm	1 mug of tea with skimmed milk	
4.00pm	1 large glass of water	Cottage cheese with vegetables sticks and salad
5.30pm	1 mug of coffee with skimmed milk	
7.00pm	1 large glass of water	Grilled trout with carrots, sweetcorn & French beans
8.30pm	1 mug of herbal tea	
9.00pm	1 large glass of water	Low fat yoghurt with stewed rhubarb



Success stories

Here are just a few words from a very small selection of our successful clients...



Lesley McLean
"This All About Weight plan is so simple to follow; I wish I had done it long ago."

"I dropped 3 dress sizes"



Robert Barr
"The plan has changed my life, if not saved my life. I struggled to do everyday things that I used to take for granted."

"I lost 20 inches from my waist"



David Rees
"With a family history of diabetes and heart disease, I knew it was time to start becoming the man I wanted to be for the rest of my life."

"I lost 14 inches from my waist"



Fay Jones
"It was brilliant to follow – I would recommend it to anyone."

"I dropped 3 dress sizes"



Scott Farrell
"I'm now a healthy weight and feel so much better for it. I have taken up cycling again and basically feel alive!"

"I lost 5 inches from my waist"



Gillian Forsyth
"I am truly happier – not just on the outside, but inside. I am beaming, too. Physical tasks are so much easier."

"I dropped 4 dress sizes"



Barbara Beech
"I recommend All About Weight to women of my age who are serious about turning back the clock."

"I dropped 3 dress sizes"



Brian Murray
"Since losing weight I have much more energy and self-confidence. It really is a great plan."

"I lost 12 inches from my waist"

How you can help?

There are various ways you can be involved with All About Weight, from simply providing information to those patients who need to lose weight, to supplying money vouchers to patients who need to lose weight or running the All About Weight plans in-house with your local Consultant Mentor.

Call us on **0844 544 7773** or email **yourhealth@allaboutw8.co.uk** with any questions you have, or ask us to contact you directly to discuss how we can work together in your area.



References:
<http://www.sign.ac.uk/pdf/sign115.pdf> • <http://www.bda.com/index.html> • <http://www.domuk.org/> • <http://guidance.nice.org.uk/CG43/Guidance>
 Frost GS, Lyons GF. Obesity impacts on general practice appointments. *Obes Res* 2005; 13: 1442-9. • Fronk NP, Goodman MJ, O'Connor PJ, Martinson BC. Relationship between modifiable health risks and short-term health care charges. *JAMA* 1999; 15: 2235-9. Van Wayenburg CA, Lemiengre MB, Van Reenen-Schimmel AH et al. Encounters for common illnesses in general practice increased in obese patients. *Fam Pract* 2008; 25: 93-8.
 Steenkiste, BV, Knevel, MF, Akker, M, Metsemakers, JFM. Increased attendance rate: BMI matters, lifestyles don't. Results from the Dutch SMILE study *Family Practice* 2010; 0:1-6
 Diabetes UK: [http://www.diabetes.org.uk/SmeetsAJ_&Westerterp-PlantengaMS\(2008\)Acuteeffects](http://www.diabetes.org.uk/SmeetsAJ_&Westerterp-PlantengaMS(2008)Acuteeffects)
 British Journal of Nutrition, 99, 1316-1321 Louis-Sylvestre J, Lluch A, Neant F, Blundell JE. (2003) Highlighting the positive impact of increasing feeding frequency on metabolism and weight management. *Forum Nutrition*; 56:126-8.

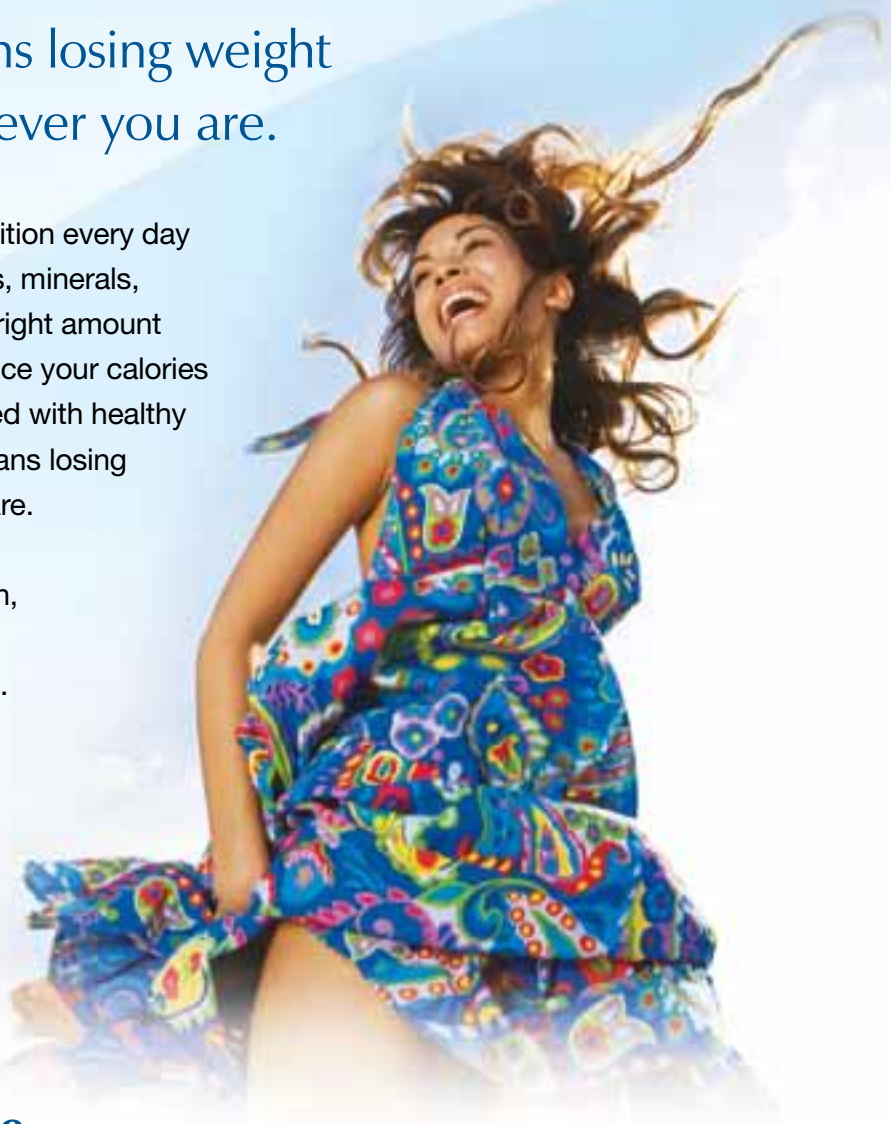
What is Lifestyle Nutrition?

...Lifestyle Nutrition means losing weight as you live your life, whoever you are.

Our products give you a solid base of nutrition every day through Mealpaks™ packed full of vitamins, minerals, fatty acids, quality proteins, soya and the right amount of carbohydrates, all of which help to reduce your calories on a solid foundation of nutrition, combined with healthy foods. Furthermore, Lifestyle Nutrition means losing weight as you live your life, whoever you are.

By removing room for error and temptation, All About Weight clients can be sure of success, with minimum effort on their part. All About Weight's goals are to create meaningful and lasting weight loss and re-educate everyone back to a healthy, balanced eating regime.

All About Weight have helped over 50,000 people lose weight using proven and established lifestyle plans.



All About Weight
HEALTHY WEIGHT LOSS



All About Weight Head Office
Future House, Marshfield Bank, Crewe, Cheshire CW2 8UY

0844 544 7773
yourhealth@allaboutw8.co.uk
www.allaboutw8.co.uk

All About Weight Health Professional Guide published by All About Weight. © 2011. Design and layout by All About Weight Graphic Design team. All rights reserved.

No part of the All About Weight Health Professional Guide may be used in any form by any means either wholly or part, without the prior permission of the publisher.

The registered office of All About W8 Ltd. is Head Office & Training Centre, Future House, Marshfield Bank, Crewe, Cheshire CW2 8UY. Company Reg. No. 05842740.

* Meal replacements give a faster weight loss initially. All plans are over 800 kcal and are a combination of Mealpaks and healthy foods, we do recommend you see your GP before embarking upon any weight loss plan.