



FlexiFast

The intermittent fasting plan that's as flexible as you want it to be.

How it works

Do you want to fast for a few days a week and eat normally on the others? Or do you want to fast most of the day and eat just one conventional meal a day?

You can with our FlexiFast plan. On your FlexiFasting days, you can:

- Replace all your meals with four LighterLife Foodpacks – giving you all the nutrition you need for a total of just 600-800 kcal each FlexiFasting day.
- Or replace two of your meals with two, three or four Foodpacks, and have just one conventional meal using the guidelines opposite, for a total of 800-1200 kcal each FlexiFasting day.
- Or mix and match to fit in with your lifestyle – some days have four Foodpacks and no conventional food, and other days replace one or two meals with Foodpacks.

Plus on Flexifasting Days you can also have:

- Water, coffee and tea with milk, LighterLife Drink Mixes & Savoury Broth
- LighterLife Extras: Fibre Mix, Mousse Mix, Jelly Mixes, Popped Chips

If you get the urge to eat something that's not on your FlexiFast plan, remember that you're only fasting for a short while. Use it as an opportunity to learn what it's like to feel hungry, knowing that later on you can eat from a range of foods.

What you eat for your non-FlexiFast meals is up to you. Obviously, you need to make different choices if you are FlexiFasting to lose weight rather than to maintain your weight.

Whatever you choose, you'll get at least $\frac{1}{4}$ of your daily nutrition from each Foodpack on FlexiFasting days.

You can use our Foodpacks to replace a meal on any other day as a convenient, healthy option, too.



Your FlexiFast food choices

Here's a list of FlexiFast food choices and portion sizes for your non-fasting meals.

Protein choices

At least 1 portion per meal

100–200g (3½–7oz) – about the size of your fist or what will fit into your palm

- Any lean, unprocessed meat or poultry
- Any fish or shellfish
- 2 eggs (medium or large)
- Low fat cottage/curd cheese (e.g. quark)
- Pulses (e.g. lentils, beans, peas, soya beans)
- Meat alternatives (e.g. Quorn, soya, tofu)

Vegetable choices

At least 3 portions per meal

80g (3oz)

- Any fresh, frozen, canned or bottled vegetables or salad (not potatoes or sweet potatoes)

Low fat dairy choices

1 portion a day

Up to 300ml (½ pint)

- Skimmed or semi-skimmed milk, or unsweetened plant-based milks (e.g. almond, oat or soya)

Up to 250g (8½oz)

- Cottage cheese, quark, soft cheese
- Plain fromage frais and yoghurt
- Dairy-free alternatives (e.g. soya yoghurt)

Snacks

Up to 2 a day

- LighterLife Popped Chips
- Any fruit

There's more information about food choices, plus recipes and handy cooking tips, in our Members' Area — click on the log-in/sign up link at lighterlife.com



Why fast?

Years ago, our ancestors would have fasted – not necessarily by choice, but because there would have been days when they just couldn't find any food to eat. And fasting still plays a key part in many religions.

The LighterLife FlexiFast plan is actually "intermittent fasting". This is where you eat significantly fewer Calories on some days a week, and then eat normally on others, or you fast using Foodpacks for most of the time and eat one conventional meal a day.

It's a truly flexible way to lose weight at your own pace, or to help maintain your current, healthy weight, and scientific studies show intermittent fasting can result in great health benefits, such as helping with cell regeneration.

For the best results with your FlexiFast plan, join a weekly group with your personal Mentor, where you will develop the tools to really understand your relationship with food and drink, and with yourself.

www.lighterlife.com

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