

# TotalFast Plan

Every week you have 28 Foodpacks

## 4 Foodpacks per a day

- Either 4 x VLCD Foodpacks
- Or 3 x VLCD Foodpacks + 1 x MRF
- Plus, a range of optional daily LighterLife extras

## This will give you:

- 100% nutrition
- Between 600–800 Calories

## Daily extras include:

- Unlimited LighterLife water flavourings
- Unlimited LighterLife Jelly
- Unlimited LighterLife Savoury Drink Mix
- 1 bag of popped chips

After reaching your weight loss goal, you'll have access to our **Management Plan** and ongoing support from your Mentor.





TDR VLCD

(Total Diet Replacement, Very-LowCalorie-Diet Foodpacks)  
=150kcal

Shakes:

- GF

V

Banana
- GF

V

Chai Latte
- GF

V

Chocolate
- GF

V

Mango & Passion Fruit
- GF

V

Strawberry
- GF

V

Vanilla

Porridge:

- V

Apple & Cinnamon
- V

Original
- V

Vanilla Pot

Soup:

- V

Chicken & Sweetcorn
- V

Spicy Sweet Potato & Carrot
- V

Vegetable

Savoury:

- V

Pasta Carbonara
- V

Shepherd's Pie
- V

Spaghetti Bolognese
- V

Garlic Flatbread

Sweet:

- V

Blueberry Pancakes
- V

Chocolate Mug Cake

Bars:

- V

Crispy Peanut
- V

Nut Fudge
- V

Toffee

MRF

(Meal Replacement Foodpack)  
200+ kcal

Smoothies:

- GF

V

Chocolate Smoothie (7)
- GF

V

Mixed Berry Smoothie (7)

Sweet:

- GF

Ve

Banana Porridge (7)
- V

Maple Syrup Pancake & Waffle (7)

Savoury:

- GF

Ve

Super Green Vegetable Soup (7)

Pots:

- V

Creamy Chicken Noodle
- V

Fragrant Thai Noodle
- V

Jerk Noodle
- V

Pasta Bolognese

Bars:

- V

Chocolate Peanut
- V

Chocolate Raisin
- V

Double Chocolate
- V

Salted Caramel

Extras

Drink Mixes:

- V

Fruits of the Forest
- Ve

Pink Grapefruit
- Ve

Savoury Broth
- V

Sunrise Orange

Jelly:

- Blackcurrant
- Orange & Mango
- Raspberry

Tubs:

- V

Fibre Mix
- Mousse Mix

Popped Chips:

Limited to 1 pack a day

- GF

V

Salt & Vinegar
- V

Smoky BBQ