

# The Shake It Practitioner Weight Management Program – An Overview

## How to Complete the Program

### Phase One: Intense



Follow the program below for 6 weeks

### Phase Two: Pulse



2 week diet break cycled with 2 weeks on the diet until goal weight is achieved

### Phase Three: Maintain



When goal weight is achieved, adhere to wellness diet pyramid

## Choose One Eating Plan, Based on Patient Presentation

### Ketogenic

Two healthy wholefood meals consisting of 3 serves of vegetables, 1 palm size portion of protein:



Plus healthy oils

Plus 1 serve of wholegrains



Plus 2 Snacks

Plus 1 Snack

Plus One Meal Substitute



### Plus Probiotic

*Bifidobacterium animalis ssp lactis* (B-420™)  
*Bifidobacterium animalis ssp lactis* (HN019™)

## Lifestyle



Exercise: 180 minutes per week (e.g. 6 x 30 minutes)



7 to 8 hours sleep



6 to 8 cups of water

## Monitor



Regular consultations, weigh-in and support



Ketostix\*



Track diet and exercise



Body composition

\*Only applicable to Ketogenic