

Hello and welcome to

Billy's Diet™

Thank you for your purchase of an Everyday Ketosis Plan.

With this plan you should consume around 60gs of carbs per day or less. You will lose weight by reducing your carb intake and getting into ketosis. This is where your body burns stored fat for energy.

You must have at least 600 calories per day and 2 litres of water. The packs alone will not be enough calories so you will need to add a small amount of food each day.

It may take a while for you to get into ketosis and the first week can be trial and error. We are happy to help with this so please get in touch!

For help and advice please join closed Facebook group or email us on enquiries@billysdiet.co.uk

Please see our website for all your orders, for our best prices and web exclusive products.

www.billysdiet.co.uk

Nutritional Information

This guide below is designed to help you count your carbs per day. Most people will get into ketosis at 50-60g of carbs but if you are not having any of the following side effects then you may need to reduce your carbs further: first few days - feeling tired, very hungry, "flu like" feeling (as your body gets used to less carbs), after 3-5 days - lots of energy, no hunger, increased thirst, bad breath, funny taste in mouth. Not everyone gets all the side effects but it is a good guide to see if ketosis is starting. Please email me for more info if you are unsure.

Product	Carbs (g)	Energy(kcal)	Protein(g)
BREAKFAST			
MRP Original Porridge (35g)	8.6g	133kcal	17.0g
MRP Apple & Cinnamon Porridge (35g)	9.5g	132kcal	16.0g
MRP Maple Brown Sugar Porridge(35g)	10g	124kcal	11.0g
HP+ Banana Choc Crepe (25g) web only	3.5g	100kcal	15.7g
HP+ Apple Caramel Crepe (25g) web	3.5g	99kcal	15.8g
HP Dark Choc Muesli (30g) web only	4.8g	120kcal	11.8g
HP Red Fruit Muesli (30g) web only	3.8g	121kcal	11.8g
SHAKES			
MRP Strawberry Shake (v2) (35g)	15.0g	136kcal	11.7g
MRP Banana Shake (v2)(35g)	13.0g	134kcal	13.0g
MRP Vanilla Shake (v2) (35g)	13.0g	137kcal	13.0g

MRP Chocolate Shake (v2) (34g)	14.0g	137kcal	9.9g
MRP Mocha Shake (35g)	14.0g	137kcal	13.0g
MRP Caramel Shake (v2) (35g)	14.0g	138kcal	13.0g
MRP Coconut Shake (35g)	11.0g	142kcal	13.9g
HP+ Drinks			
HP+ Hot Choc Drink (25g) website only	2.3g	88kcal	16.0g
HP+ Cappuccino Drink (25g) web only	3.4g	90kcal	17.3g
HP+ White Choc Drink (25g) web only	3.5g	91kcal	18.0g
HP+ Milk Choc Drink (25g) web only	3.8g	92kcal	16.9g
HP+ Vanilla Shake (25g) web only	3.9g	90kcal	17.1g
HP+ Strawberry Shake (25g) web only	3.8g	90kcal	17.0g
SOUPS			
HP+ Asparagus Soup (25g)	2.2g	88kcal	18.0g
HP+ Vegetable Soup (25g)	2.6g	91kcal	16.9g
HP+ Mushroom Soup (25g)	2.5g	90kcal	16.9g
HP+ Chicken Curry Soup (25g)	2.5g	91kcal	17.1g
NEW HP Tomato Soup (25g)	4.7g	84kcal	15.0g
NEW HP+ Thai Soup (25g) web only	3.3g	88kcal	17.3g
MEALS			
HP+ Chilli (V2) (33.5g)	9.2g	109kcal	12.2g
HP+ Spaghetti Bolognese (44g)	15.8g	146kcal	11.8g
HP+ Pasta Carbonara (44g)	17.9g	159kcal	12.6g
HP+ Cheese Omelette (25g) web only	2.5g	94kcal	17.0g
HP+ Mushroom Omelette (25g) web	2.5g	89kcal	17.7g
HP+ Bacon & Cheese Crepe (25g) web	3.3g	95kcal	17.0g
BARS and SNACKS			
	Total/net carbs		
Blueberry Cranberry Crunchy Bar (35g)	4.7g/2.8g	121kcal	12.5g
Peach Passionfruit Crunchy Bar (35g)	4.7g/2.8g	118kcal	12.8g
Banoffee Crunchy Bar (35g)	4.8g/3.0g	121kcal	12.8g
Coconut Crisp Bar (40g)	10g/3.3g	151kcal	13.3g
Chocolate Crisp Bar (40g)	9.6g/3.1g	149kcal	13.1g
Lemon Pie Crisp Bar (35g)	8.4g/2.2g	125kcal	12.9g
Choc Caramel Peanut Crisp Bar (40g)	9.6g/5.7g	150kcal	15.1g
Red Berry Crisp Bar (40g)	9.5g/6.4g	138kcal	13.3g
Crunchy Caramel Crisp Bar (35g)	9.2g/3.2g	132kcal	12.1g
Bacon Tortitos (30g) website only	5.0g	117kcal	14.0g
Chicken Tortitos (30g) website only	5.05g	117kcal	14.0g

*net carbs are total carbs less polyols which are not counted on a low carb diet as they are an undigested sweetener.

MRP products have 25% RDA of daily vitamins and minerals. HP+ products have 15% RDA of daily vitamins and minerals.

Mixing instructions are on every packet for your convenience. Our exclusive MRP shakes benefit from longer mixing in a blender or shaker to get the very best flavour. Blue or green specks in the products are perfectly normal and are copper from the vitamin and mineral mix.

What to expect.

This plan is low carb. On an average day, a non-dieter will consume around 220g of carbs. If you reduce your carbs your body should go into ketosis and burn stored fat for energy. You can find a lot of info regarding ketosis on the internet.

It is very important that you drink at least 2 – 2.5 litres of water every day. This helps flush out unwanted toxins but also it is part of the chemical reaction of ketosis. So if you want it to work, you must drink water!

Most people will have a steady weight loss with this plan of an average of 1 stone per month.

There are lot of questions regarding ketosis and what can knock you out of it. Some people say not to have any caffeine or foods/drinks with citric acid. Personally I have 1 to 2 cups of coffee with milk each day and diet drinks that contain citric acid. It has never affected ketosis for me nor have any customers reported any problems. With this in mind you can make your own choice.

Ketosis plans work best if you intend to diet for at least 1 week. If you cannot commit to this amount of time you may prefer to try our low calorie VLCD plan.

Allergy and other important info

Products contain milk and soy and are manufactured on equipment that processes gluten, celery, sulphites and eggs. Individual nutrient needs may be higher or lower based on gender, age, level of physical activity and other factors.

The products are not designed to be used as a sole source of nutrition. The MRP shakes/porridge are only a full meal replacement when made with 250ml of skimmed milk. Most of our customers choose to not add milk to save carbs and aid ketosis. You may want to take a multi vitamin daily.

Full nutritional info is available for every product on our website. If you have any questions please email me for a quick response.

enquiries@billysdiet.co.uk

We also have a closed Facebook group. This is an excellent tool for our customers. Only people who have made a purchase from Billy's Diet are able to join and we are very lucky to have a large number of very active members. They are all supportive and questions are answered very quickly. You will also be able to see Billy's weight loss journey as well.

There are also files with helpful information, recipes, photos of meals and weight loss pictures too.

To join please search for Billy's Diet Secret Support Group on Facebook and then ask to join.

If we cannot match your name to an order you will not be approved. If you have not been approved within 1-2 days please send us an email with the name of the person who placed the order and you will be approved! This is to make sure we only have members who are using our products.

Please let us know how you get on!