

**Hello and welcome to**

# Billy's Diet™

Thank you for your purchase of an Extreme Ketosis Plan.

For help and advice please join closed Facebook group or email us on: [enquiries@billysdiet.co.uk](mailto:enquiries@billysdiet.co.uk)

With this plan you should consume around 25gs of carbs per day.

You will need to add a low carb meal with this plan to get enough calories and nutrients each day. The products are NOT designed to be a sole source of food. You need to have at least 600 calories per day.

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

[www.billysdiet.co.uk](http://www.billysdiet.co.uk)

Our Extreme Ketosis plan is designed as a very low carb/ketosis plan and you will need to count the daily carbs you eat for the plan to work correctly. As the products are very low carb and very low calorie, they should not be used to entirely replace food. Some low carb food will be needed in addition to the supplied products. You may also want to take a multi vitamin each day.

You can find more info on ketosis online and we have included a low carb food list for your reference. Please be very careful about the additional food you consume as the wrong thing can knock you out of ketosis and will stall your weight loss.

## **What to expect**

For the first few days of the plan you are likely to have some side effects and most decrease over time. These are normally tiredness, hunger and headaches. They should stop after a few days.

There are some symptoms of ketosis you should look out for, to help you know if it is working. These include: a dry mouth, increased thirst, lack of hunger and increased energy. 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! You also need to have at least 600 calories per day.

Most people will have a big initial weight loss with this plan. Personally I have lost as much as 12lbs in 12 days but results can vary. Men also lose more, quicker. After time your weight loss will slow down to an average of 1 stone per month, the same as my other plans.

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.

## Important Information

It can take a while to get into ketosis and to find the right mix of sachets and food. The first few days or weeks can be trial and error. Please get in touch for help if you are struggling. We have experience in ketosis and can usually help get you on track.

It is very important to count your carbs each day and to not go over your 25g carbs allowance. This info shows the carbs in all the Extreme Ketosis plan foods. The Extreme Ketosis food guide will help you chose your additional food.

Some products can be made with water or skimmed milk. On a low carb plan most people chose to mix with water as there are 12.6g of carbs in 250ml of skimmed milk. This is about half of your daily carb allowance!

It is a good idea to be very organised before you start. Make a long shopping list and be sure of having plenty of low carb food for your meals. You will also want low carb snacks available for when you need to eat something. Protein, like ham, is a great low carb snack.

Product	Carbs (g)	Energy(kcal)	Protein(g)
<b>BREAKFAST</b>			
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) <b>web only</b>	3.5g	100kcal	15.7g
HP+ Apple Caramel Crepe (25g) <b>web</b>	3.5g	99kcal	15.8g
HP Dark Choc Muesli (30g) <b>web only</b>	4.8g	120kcal	11.8g
HP Red Fruits Muesli (30g) <b>web only</b>	3.8g	121kcal	11.8g
<b>HP+ Drinks</b>			
HP+ Hot Choc Drink (25g) <b>website only</b>	2.3g	88kcal	16.0g
HP+ Cappuccino Drink (25g) <b>web only</b>	3.4g	90kcal	17.3g
HP+ White Choc Drink (25g) <b>web only</b>	3.5g	91kcal	18.0g
HP+ Milk Choc Drink (25g) <b>web only</b>	3.8g	92kcal	16.9g
HP+ Vanilla Shake (25g) <b>web only</b>	3.9g	90kcal	17.1g
HP+ Strawberry Shake (25g) <b>web only</b>	3.8g	90kcal	17.0g
<b>SOUPS</b>			
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) <b>web only</b>	3.3g	88kcal	17.3g
<b>MEALS</b>			
HP+ Chilli (V2) (33.5g)	9.2g	109kcal	12.2g
HP+ Cheese Omelette (25g) <b>web only</b>	2.5g	94kcal	17.0g
HP+ Mushroom Omelette (25g) <b>web</b>	2.5g	89kcal	17.7g
HP+ Bacon & Cheese Crepe (25g) <b>web</b>	3.3g	95kcal	17.0g

<b>BARS and SNACKS</b>	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) <b>website only</b>	5.0g	117kcal	14.0g
Chicken Toritos (30g) <b>website only</b>	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.

### **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. Blue or green specks in the product are perfectly normal and are copper from the vitamin and mineral mix.

The products are not designed to be used as a sole source of nutrition. The MRP porridge are only a meal replacement when made with 250ml of skimmed milk.

Mixing instructions are on every packet for your convenience and 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](mailto: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.

We are always looking for customers who want to share their weight loss stories, pictures or comments about our products. Please email me if you have anything to share!