

ALPHA LIPID™ Ultra Diet™ 2

NEW IMAGE™
KETO

LIFESTYLE
GUIDE

REAL FOOD | REAL SCIENCE | REAL RESULTS

CONGRATULATIONS!

We're excited to help you transform your health with the Alpha Lipid™ Ultra Diet™ 2 Lifestyle Guide

This programme works on the principles of **Real Food, Real Science, Real Results!**

With so many diets and weight loss programmes on offer, how do you know which one to choose? Most common diet programmes offered are based on calorie counting, these programmes slow down the metabolic rate, so continued weight loss is very difficult to maintain. Once people go back to normal calorie intake, their metabolism can't keep up with the extra energy intake and they start gaining back the weight they lost.

However, our programme is different because it switches the body from burning glucose to burning fat, ensuring muscle mass and metabolic rate are maintained.


The Alpha Lipid™ Ultra Diet™ 2 Programme has all the components to help you succeed on your weight management journey – including amazing recipes, meal plans, tips and of course world-class products!

So, no matter how big or small your goals, or how much weight you want to lose, you're now on your way.

Your Support Team at



P.S. We encourage you to join our Facebook page as the support you receive there can make all the difference...

 [newimagesd2weightmanagement](https://www.facebook.com/newimagesd2weightmanagement)

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THE SCIENCE BEHIND OUR PROGRAMME

When we eat less than 25g of carbohydrates per day, our body eventually runs out of fuel (blood sugar) which it can quickly turn into energy. After two to three days of such low levels of carbohydrate intake, our body will initially start to break down protein into extra glucose supply, but ultimately burn fat for energy.

Your liver converts fat into ketones, which is known as ketosis. This is a natural metabolic switch that occurs when your body doesn't have enough carbs (or glucose) for energy, therefore burning fat instead. Ketones are water-soluble molecules, which means they can be dissolved in the blood and transported to many tissues, including muscles, the brain, and the heart. Ketone bodies can replace a substantial amount of sugar to produce energy in these organs. While they cannot completely replace all the sugars needed by your body, they can replace a considerable part to support your daily functions.

A protein-sparing modified fast (PSMF) diet can be broadly defined as a very low carbohydrate diet that contains adequate protein to preserve lean muscle mass. PSMF is also a type of ketogenic diet, as people who follow this diet will develop ketosis, but PSMF is different from other ketogenic diets in that the main source of calories is protein. Eating protein-rich foods can ensure that the body's muscles will not enter a catabolic state.

When we avoid sugar and starches, our blood sugar stabilises and the level of insulin (a fat-storing hormone) drops. When insulin becomes low, fat burning can increase dramatically, as it becomes easier to access our fat stores to burn them off. The increased fat burning and adequate protein intake make you feel less hungry and more satiated for longer, thereby, reducing food intake and leading to weight loss.

Once in ketosis, our entire body becomes a fat-burning machine that burns fat 24/7, even when you sleep! **Sounds great, doesn't it? Let's get started!**

YOUR PROGRAMME

REAL FOOD | REAL SCIENCE | REAL RESULTS

THE ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME IS DIFFERENT BECAUSE:

- You can still enjoy 3 delicious meals per day.
- It is not calorie-restricted, no need to ever feel hungry.
- Your food cravings will be diminished.
- There is a simple daily test to ensure you are in the 'fat burning zone'.
- You will burn stored fat - not muscle.

DESIGNED BASED ON SCIENCE

Our programme is scientifically based around the well-researched protein sparing modified fasting.

Essentially, it is a low carbohydrate, adequate protein plan, that is well known for great weight loss results as well as a host of other health benefits.

It is not a fad diet, it's simply the way our bodies were designed to work.

If we limit dietary carbohydrates our body simply chooses stored fat as fuel, you're burning fat rather than sugar for energy.

THE ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME MAKES IT EASY!

So, how do I start?

Using the Alpha Lipid™ Ultra Diet™ 2 programme makes getting into and staying in Ketosis (fat burning zone) easy!

You will be getting a regular dose of high-quality protein throughout the day - never feel hungry and help build muscle while you are burning fat.

You can use our products in between 3 easy-to-make meals per day. Simply follow the meal plans, take your shakes and supplements throughout the day - it's that easy!

STEPS FOR SUCCESS

REAL FOOD | REAL SCIENCE | REAL RESULTS

STEP ONE

Buy the products, like and follow our Facebook page:



STEP TWO

Login to: **www.newimageketo.com** and create your profile.

STEP THREE

Prepare your house for success (remove all junk food, sugars and refined carbohydrates).

STEP FOUR

Plan your meals using the website:
www.newimageketo.com

STEP FIVE

Get started!

STEP SIX

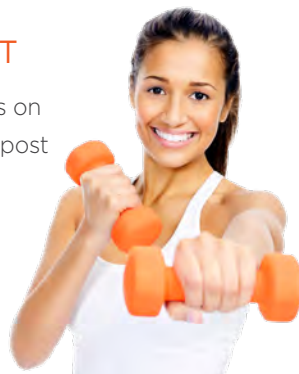
On day one, weigh and measure yourself and log it in your success tracker on page 19 or in your online profile. Make sure you complete your daily journal on page 22 or online.

STEP SEVEN

Watch the scales drop.

STEP EIGHT

Interact with us on Facebook and post any questions, successes or issues.



OPTIONAL STEP

Join the next season of our incredible 30 Day Challenge! You can find out more about the challenge and when it's on via our website
30daychallenge.newimageketo.com

WHAT TO EXPECT

REAL FOOD | REAL SCIENCE | REAL RESULTS

THE MOST CHALLENGING PART OF THIS PROGRAMME IS THE FIRST TWO TO THREE DAYS AS WE SWITCH OUR FUEL SOURCE FROM BURNING CARBOHYDRATES TO BURNING KETONES FOR ENERGY.

HERE'S WHAT TO EXPECT OVER THE NEXT 30 DAYS.

DAYS 1-4

This is the hardest phase of the programme. Your body is detoxing and switching fuel sources. Stay focused and keep your food diary.

WEEK 1

After day 3-4 you will be in 'active weight loss' phase and you will see a difference on the scale.

WEEK 2

You will notice a decrease in cravings and hunger. You will feel more alert and full of energy.

WEEK 3 & 4

You may start to see a plateau as your body adjusts hormonally. Stick to it, don't get disheartened. Every gram counts.



IMPORTANCE OF HYDRATION

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WATER IS THE MOST IMPORTANT NUTRIENT IN OUR DIET AND IS ESSENTIAL FOR GOOD HEALTH.

The changes in metabolic processors and the breakdown of stored fats while on the Alpha Lipid™ Ultra Diet™ 2 Programme increase our need for water. It is essential that a minimum of 2 litres of water be consumed daily while on the Alpha Lipid™ Ultra Diet™ 2 Weight Management Programme, more if you exercise or live in a hot climate.

- Thirst is often mistaken for hunger.
- Water helps metabolise stored fat.
- Water clears out toxic metabolic wastes.
- Unsweetened herbal tea and green tea can contribute to your intake.
- Mineral and soda water are ok in moderation.
- Avoid alcohol, soft drinks, fruit juice, sports drinks, milk, coffee and any other sweetened beverages.



PRODUCTS



THE PROGRAMME PRODUCTS

REAL FOOD | REAL SCIENCE | REAL RESULTS



Use the **Alpha Lipid™ Ultra Diet™ 2** powder **4x per day**. This is a great source of protein with 22 vitamins and minerals. Taking it 4 times, a day ensures you never feel hungry and are getting that much-needed protein regularly. Your body will love you for it.



Take the **Carb-Bal** capsules **3x per day**, 30 minutes before eating. This will reduce the amount of carbohydrates you absorb, support healthy blood sugar levels and manage sugar cravings.



Add **FibreMax™** to your Alpha Lipid™ Ultra Diet™ 2 shake **morning and evening**, helping to support bowel health and regularity and increasing natural support to manage a normal appetite. It supports healthy blood glucose levels, gut health and digestive comfort. Each 15g serve provides 12.5g of fibre.



Replace your regular salt with **Lite Iodised Salt**. This is a ready to use seasoning that provides potassium which can become depleted due to high use of regular salt (sodium chloride).



Test if you're in ketosis from **day 3** with your **Ketone Strips** to see if you are in the optimal fat burning zone.

ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME

REAL FOOD | REAL SCIENCE | REAL RESULTS

A SAFE AND EFFECTIVE WEIGHT MANAGEMENT PROGRAMME.

- Long-term solution to weight management.
- Renewed energy, improved health.
- Reduction of hunger pangs and food cravings.
- On-going online support.
- Delicious, affordable and easy to prepare recipes and meal planners.

The Alpha Lipid™ Ultra Diet™ 2 Programme makes it easy to get into ketosis and stay in the optimum fat burning zone. Combining vitamins, minerals and protein shakes, our low carb programme is more than just a diet, it's a complete health and weight management system. We make it easy for you with pre-packed 2 & 4 week boxes, everything you need to start losing weight immediately.



THE PRODUCTS ALPHA LIPID™ ULTRA DIET™ 2

NEVER GO HUNGRY



- Great tasting protein and vitamin shake.
- Provides 40 grams of protein per day – up to 66% of your daily requirement.
- 22 essential vitamins and minerals.
- Supports balanced blood sugars, helping to reduce cravings.
- Feel full without lots of calories.

ALPHA LIPID™ ULTRA DIET™ 2 IS A VITAL PART OF THE WEIGHT MANAGEMENT PROGRAMME, IT'S AN EASY ADDITION TO YOUR JOURNEY TO FEELING SATISFIED, HEALTHY AND FULL OF LIFE.

Protein: Packed full of protein to fill and fuel your body naturally.

Ease: Simple to use with our weight management plan, making a healthy lifestyle easier.

Control: Supports blood sugar balance so your body works for you!

Designed to keep your hunger satisfied in between regular meals and assist in maintaining healthy muscle mass.

Ingredients:

80% Soy Protein Isolate | 5% Soy Fibre

- **Minerals:** Calcium, Phosphorous, Magnesium, Iron, Zinc, Manganese, Copper, Chromium, Iodine, Selenium, Molybdenum.
- **Vitamins:** Vitamin C, Vitamin E, Niacin, Vitamin A, Pantotheic Acid, Vitamin B12, Vitamin D3, Riboflavin, Vitamin K1, Pyridoxine, Thiamine, Folic Acid, Biotin.

THE PRODUCTS FIBREMAX™

YOUR DETOXING SUPERHERO



- One serve provides 40% of your recommended daily fibre*.
- 100% natural, supports healthy gut and digestive comfort.
- Blend of soluble and insoluble plant fibres.
 - Insoluble fibre cleans your intestines.
 - Soluble fibre makes you feel fuller longer.
- This exclusive combination assists toxins to pass more quickly through.

Regularity: Cleans and detoxifies the digestive tract plus regulates glucose.

Energy: Helps prevent digestive sluggishness, giving you more energy and stamina.

Goodness: Natural fibre, vitamins, minerals and proteins.

Dietary fibre is essential for a healthy intestinal and digestive tract. It ensures efficient removal of toxins from the body and encourages good bowel health and energy levels.

With other natural ingredients that help maintain healthy glucose levels and weight management, **FibreMax™ helps you feel good, healthy and regular.**

Ingredients:

| | |
|-------|----------------------|
| 23.5% | Soy Fibre - Organic |
| 23.5% | Psyllium Husk |
| 47% | Chicory Root Extract |
| 5% | Oat Bran |
| 1% | Pectin |

*based on one 15g serve

THE PRODUCTS CARB-BAL

YOUR SECRET WEAPON



- Absorb fewer carbohydrates.
- Supports your body in ketosis.
- Safe and natural.
- For best results, take with Alpha Lipid™ Ultra Diet™ 2.
- Goal achieved? Maintain it with the help of Carb-Bal.

CARB-BAL BALANCES SUGAR CRAVINGS AND KEEPS YOU ON TRACK.

Regulates: Healthy blood sugar levels

Helps **balance** carbohydrate intake.

The natural ingredients in Carb-Bal capsules help balance the amount of carbohydrates absorbed from your diet. By doing this it inhibits the activity of key enzymes (alpha-amylase) that break down starchy foods into easily absorbed sugars, this decreases the amount of carbohydrate and calories absorbed.

Help curb sugar cravings naturally.

Ingredients:

- **Organic:** 210mg Gymnema (Gymnema Sylvestre) Dry Leaf - 21mg Concentrated Extract Equiv., 2,500mg White Kidney Bean (Phaseolus Vulgaris) - 208mg Concentrated Extract Equiv. 600mg Fenugreek (Trigonella Foenum-Graecum) Dry Seed - 150mg Concentrated Extract Equiv.
- **Minerals:** 15.5mg Chromium Yeast - 31µg Chromium Equivalent
- **Other Ingredients:** Microcrystalline cellulose, Magnesium stearate, Silicon dioxide, Vegetarian Capsule Shell.

THE PRODUCTS LITE IODISED SALT

FLAVOUR ADDED YOUR WAY



- Handy shaker pack.
- Use in cooking, or sprinkle on food.
- Healthy replacement for table salt.
- Replaces potassium depleted from salt use.
- Reduced sodium mineral seasoning.

Ingredients: per 100g

19.6g Sodium
26g Potassium
4.4mg Iodine



THE PRODUCTS URISCAN®

TEST DAILY TO MEASURE SUCCESS



- Simple and easy to use.
- Know you are generating ketones & burning fat for fuel.
- Take the guesswork out of dieting.
- Use with the Alpha Lipid™ Ultra Diet™ 2 Programme for optimal results.

MEASURES FOR THE PRESENCE OF KETONES IN THE URINE.

Directions:

1. Test for urinary ketones first thing in the morning before breakfast from day 3 onwards.
2. Insert the strip with the test pad into the mid-stream of urine or collect a sample and dip into the sample, only enough to cover the test pad.
3. Wait 60 seconds then compare the colour on the test strip to the colour chart on the container.
4. The ideal colour for the Alpha Lipid™ Ultra Diet™ 2 Programme is between 5 and 10 (in the pink), this indicates the body is breaking down fatty acids to use for energy.

SETTING UP YOUR GOALS & PLANS

REAL FOOD | REAL SCIENCE | REAL RESULTS

THE KEY TO SETTING WEIGHT LOSS GOALS IS TO FOLLOW THE S.M.A.R.T STANDARD FOR GOAL SETTING, WHICH MEANS IT NEEDS TO BE...

**SPECIFIC
MEASURABLE
ATTAINABLE
REALISTIC
AND TIME-BOUND**

By choosing this 30 day challenge, you must have your goal in mind and the motivation to achieve it!

Please remember, this if you are struggling after the first week, our challenge is a very short period of time, only 30 days, not 30 years!

You will always experience difficulty when you make a change, stick with it and you will feel great! The results at the end will be worth it.

To assist you in building a robust implementation plan and to track your progress, follow these easy steps:

- Utilise our designed meal plans on page 24-25 or create your own weekly meal plan using the guide on page 19.
- Engage in physical activity, page 29 has some great moves for you to try at home.
- Keep a daily food journal, page 30 has a great tool for tracking.
- Track your progress on page 31 by taking your body measurements and recording them.

MEAL PLANNING GUIDE

A GUIDE TO THE PLANNING PRINCIPLES

| ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME | |
|---------------------------------------|---|
| ALPHA LIPID™ ULTRA DIET™ 2 | Take UD2 4 times a day: before breakfast, as a morning & afternoon snack, and after dinner. |
| CARB -BAL | Take 1 capsule before having a higher carbohydrate item that may impact your ketosis, especially when eating out or sharing family meals. |
| NUTRITIONALLY DESIGNED MEAL PLAN | |
| | Follow the easy, pre-planned weekly meal plans in the Tool section, you can choose your favourite meals from our recipe books, or design your own meal using the meal planning principle below. |
| DESIGNING YOUR OWN MEAL PLAN | |
| FRUIT | Aim for 1-2 servings (½ cup per serving) of low carb berries per day. |
| FAT | <p>Women: 3-5 fat servings daily. Men: 5 fat servings daily.</p> <p>Examples: 1 tablespoon of cream, butter or oil, ¼ cup (28g) of nuts, 28g of cheese.</p> <p><i>Fat servings depend on your activity level, and how much weight you have to lose. The more you weigh, the more fats you are allowed. Fat consumption should be spread evenly throughout the day.</i></p> |
| PROTEIN | <p>Women: 3 x 70g servings of eggs, meat, fish or chicken.</p> <p>Men: 3 x 100g servings of eggs, meat, fish or chicken.</p> <p><i>Spread the protein intake evenly throughout the day. Make sure to have Alpha Lipid™ Ultra Diet™ 2 4x per day.</i></p> |
| VEGETABLES | <p>Women 2x 100g serving. Men: 2x 150g serving.</p> <p>Choose only the low carb vegies that are keto-friendly.</p> |

** Use the keto pyramid and follow the portion control guide in the Tools section to help you choose the right foods in the right amounts. You CAN skip snacks, nuts & breakfast if you choose too, but it is important to eat your lunch, dinner and take your Alpha Lipid™ UD™ 2 as outlined above - your body requires it nutritionally!*

A GUIDE TO EATING OUT

REAL FOOD | REAL SCIENCE | REAL RESULTS

1ST RULE

Eat a healthy, keto friendly food a short time before going out. If you arrive at the restaurant hungry, you'll be more inclined to eat a carbohydrate-dense meal.

2ND RULE

Take your Carb-Bal 30 minutes before the meal! This helps to reduce carbohydrate absorption. There is likely a significant amount of hidden sugars (i.e. sauces & dressings) even if the meal looks carb-free.

3RD RULE

Remove the part of food that is obviously a carbohydrate (rice, bread, pasta) and looks starchy. **Focus on the meat, cheese & vegetables.**

4TH RULE

Eat slowly and savor each bite. Enjoy the conversation at the table. Put your knife & fork down between bites & do not pick it up again until you've completely swallowed the last bite. Allow your body time to digest, as it takes 20 minutes for your brain to signal that you are full.

5TH RULE

Be the first to order at the table. This way you will not be tempted by what others order.

TIP

Order from the appetizer menu. The appetizer plates are smaller than the dinner plates. If you are still hungry, order a side salad to help fill you.

!

Portion sizes in restaurants can be more than you need. If you receive too large a portion, eat only half. When you feel full, stop eating. You do not need to finish your meal. Just because the food is there, does not mean you have to eat it! Ask for a takeout box & take it home for another meal. Keep your portions under control when you eat out. Try to avoid eating until full, but rather until satisfied! Avoid fried foods whenever possible!

A GUIDE TO SHARING WITH YOUR FAMILY

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IT CAN BE PARTICULARLY HARD TO SHARE FOOD, WHEN YOU ARE ON A KETO DIET AND YOUR FAMILY IS NOT.

Switching the whole family to keto will be a huge adjustment. At the same time, doing keto alone while having tons of non-keto temptations in the house is going to be tough as well.

Planning meals and snacks for every day of the week is vital to your keto success.

Having kid-friendly snacks on hand is another important key to being successful with keto.

Avocados, nuts, and veggie sticks are all healthy, low carb snack options that are easy to carry around with you and are nutritious for kids too.

If you aren't in charge of cooking meals, pick and choose which items on your plate are keto and add some extra fats.

Avoid potatoes, bread, pasta, etc.

For example, if your partner cooks beef steak alfredo for dinner, ask them to keep the pasta separate from the steak so you can make your plate before it's mixed. Then, cook yourself some zoodles (Zucchini noodles) and add the steak and alfredo (assuming it's keto-friendly). You now have a keto meal, while your family has their 'regular' meal. It's not a whole lot of difference but it's enough to keep you on your keto path without too much extra work.



WHAT'S NEXT?

REAL FOOD | REAL SCIENCE | REAL RESULTS

FIRST OF ALL,
CONGRATULATIONS
ON COMPLETING THE 30
DAY WEIGHT MANAGEMENT
CHALLENGE, YOU SHOULD
BE VERY PROUD OF YOUR
ACCOMPLISHMENTS.

Your measurements will determine exactly how well you did. If you gave it 100% you will see 100% of the results. If you only did 80% then you will see 80% of the results. **The choice is yours.**

Our hope through this programme is that you discovered a couple of things:

1. You can commit to weight management and do it for just 30 days.
2. The Alpha Lipid™ Ultra Diet™ 2 Programme is a great programme to help you achieve your weight management goals.

We hope you continue your health and fitness journey with us, and transfer your learnings in these 30 days into a long-term healthy lifestyle.

Your Support Team at



TOOLS



WEEKLY MEAL PLAN



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|------------------------|----------------------------|-----------------------------------|----------------------------|---|
| BEFORE BREAKFAST | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| BREAKFAST | *Breakfast Pudding | *Raspberry Breakfast Pudding Bowl | *Breakfast Blues Muffin | *Old Fashioned Smoothie |
| MORNING TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| LUNCH | Butter Chicken | Meatballs and Noodles | Tuscan Shrimp | Lasagne |
| AFTERNOON TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| DINNER | Meatballs and Noodles | Tuscan Shrimp | Lasagne | Creamy Baked Fish |
| AFTER DINNER | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| *TOTAL DAILY NUTRITION | C 15.2 P 117 F 79.5 | C 15.2 P 108 F 88.5 | C 15.2 P 106 F 79.5 | C 16.2 P 107 F 64.5 |
| | FRIDAY | SATURDAY | SUNDAY | |
| BEFORE BREAKFAST | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Drink plenty of water Our brain is made up of almost 80% water, so it's really a 'no brainer' to stay hydrated! |
| BREAKfast | B.L.A.T | Scrambled Spinach and Feta | *Mocha Chia Seed Pudding | |
| MORNING TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | |
| LUNCH | Creamy Baked Fish | Lamb Halloumi Bake | Chicken Satay | |
| AFTERNOON TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | |
| DINNER | Lamb Halloumi Bake | Chicken Satay | Butter Chicken | |
| AFTER DINNER | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | |
| *TOTAL DAILY NUTRITION | C 18.2 P 117 F 82.5 | C 12.2 P 115 F 73.5 | C 14.2 P 107 F 76.5 | |

*PLEASE NOTE: For the recipes with berries, please leave the berries out in the first week before you are in ketosis. You can gradually add them from the second week.

WEEKLY VEGETARIAN MEAL PLAN



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|------------------------|----------------------------------|------------------------------|------------------------------|--|
| BEFORE BREAKFAST | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| BREAKFAST | Lemon Poppy Pancakes | Cauliflower Toast with Avo | Keto Chocolate Milkshake | Green Goodness Fritters with Avo |
| MORNING TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| LUNCH | Vegetarian Zucchini Skins | Roasted Vegetable Terrine | Spinach and Goat Cheese Tart | Fried Rice |
| AFTERNOON TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| DINNER | Roasted Vegetable Terrine | Spinach and Goat Cheese Tart | Fried Rice | Broccoli Hash |
| AFTER DINNER | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 |
| *TOTAL DAILY NUTRITION | C 27.2 P 74 F 57.5 | C 21.2 P 84 F 51.5 | C 19.2 P 79 F 51.5 | C 21.2 P 88 F 54.5 |
| | FRIDAY | SATURDAY | SUNDAY | |
| BEFORE BREAKFAST | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Plan your meals When we are hungry, it becomes easier to 'cheat' or grab 'convenient' foods. |
| BREAKFAST | Peanut Butter and Jelly Smoothie | Yoghurt Parfait | *Blueberry Coconut Porridge | |
| MORNING TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | |
| LUNCH | Broccoli Hash | Sesame Almond Zoodle | Calzone | |
| AFTERNOON TEA | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | |
| DINNER | Sesame Almond Zoodle | Calzone | Vegetarian Zucchini Skins | |
| AFTER DINNER | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | Alpha Lipid™ Ultra Diet™ 2 | |
| *TOTAL DAILY NUTRITION | C 18.2 P 85 F 61.5 | C 23.2 P 87 F 50.5 | C 18.2 P 81 F 44.5 | |

*PLEASE NOTE: For the recipes with berries, please leave the berries out in the first week before you are in ketosis. You can gradually add them from the second week.

Find these recipes at www.newimageketo.com/recipes

KETO PYRAMID

REAL FOOD | REAL SCIENCE | REAL RESULTS

AVOID

Grains
Refined Carbohydrates
Alcoholic Beverages
High Sugar Foods
Vegetable Oils
Starchy Vegetables



SOMETIMES

Low Sugar Berries
Pork Crackling
90% and Above Dark Chocolate
Nut Butter
Heavy Cream
Nuts and Seeds
Coffee



MOSTLY

Meat: Chicken, Beef, Pork, Bacon, Lamb
Fish, Shellfish
Dairy: Cheese, Greek Yoghurt
Eggs, Tofu,
Unsweetened Nut Milk
Avocados, Green, Leafy Vegetables
(usually above ground)
Oil: Coconut, Olive and Avocado
Good Fats



EVERYDAY

Alpha Lipid™ Ultra Diet™ 2
Carb-Bal
FibreMax™
ShakeUp
Water
Non-Sugary Drinks
Herbal Tea

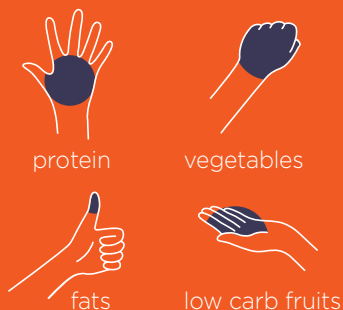


4 EASY TIPS FOR PORTION CONTROL

REAL FOOD | REAL SCIENCE | REAL RESULTS

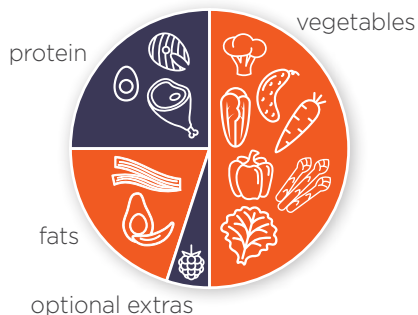
TIP #1

Use your hand as a portion guide.



TIP #2

Use your plate as a serving guide.



TIP #3

Ask for a half portion when eating out.



TIP #4

Use a smaller dinner plate.





WEEKLY EXERCISE

LIFELONG WEIGHT MANAGEMENT

EXERCISE IS AN IMPORTANT PART OF ANY WEIGHT MANAGEMENT REGIME AND LIFELONG WEIGHT MANAGEMENT.

Regular exercise also assists with:

- Reducing insulin resistance
- Maintaining normal blood sugar levels
- Building muscle mass
- Keeping your metabolism up
- Improving heart function
- Reducing stress levels
- Increasing energy
- Improving mood

Aim for 30 minutes a day for 5 or more days per week.

Start by moving for as long as you can. Walk on a flat route/surface or swim. Increase your activity as you become fitter.



Drink plenty of water when exercising, all water loss needs to be replaced to keep your body healthy and hydrated.

ULTIMATE AT-HOME NO EQUIPMENT WORKOUT



REPEAT EACH EXERCISE 10 TIMES AND
REPEAT THE CIRCUIT 2-3 TIMES

Jumping Jacks



Plank



Ben Leg Jack Knife



Bodyweight Lunge



Bodyweight Squat to Toes



Donkey Kicks



Bicycle Crunches/Airbikes



Pushup



Mountain Climbers



Burpees



Aim for 30
minutes a day
for 5 or more
days per week.



DAILY JOURNAL

TRACKING YOUR FOOD IS PROVEN TO LEAD TO MORE SUCCESS

DAY/DATE:/...../.....

Exercise

Tick one

YES

NO

Water (250ml glass)

1 2 3 4 5 6 7
8 9 10 11 12 13 14

Morning Ketone Reading

Circle the correct one

NEG

±

+

++

+++



5

10

50

100

Supplements

(tick the ones taken)

Wake-up



☐ ☐ ☐

Mid-morning



☐ ☐ ☐

afternoon



☐ ☐ ☐

Evening



☐ ☐ ☐

Healthy Eating

TIME

Breakfast

:

TIME

Lunch

:

TIME

Dinner

:

Snacks

1

2

3

WEEKLY SUCCESS TRACKER

BODY MEASUREMENTS



| | WEIGHT | ABDOMEN (belly button) | HIPS (at the point of your hip joint) | THIGHS (about half way between your knee & hip) |
|--------|--------|---------------------------|---|--|
| START | | | | |
| WEEK 1 | | | | |
| WEEK 2 | | | | |
| WEEK 3 | | | | |
| WEEK 4 | | | | |

RECIPES



Protein: 25.7 g | Carbs: 9.1 g | Fat: 8.7 g

per serve

THAI STYLE BEEF SALAD

REAL FOOD | REAL SCIENCE | REAL RESULTS

SERVES 2



INGREDIENTS

- ▶ 200g lean steak
- ▶ 4 cups salad leaves
- ▶ 150g (10cm piece) cucumber, thinly sliced
- ▶ 2 tomatoes cut into wedges
- ▶ ½ (50g) red onion, sliced

DRESSING

- ▶ 2 Tbsp soy sauce
- ▶ Juice from 1 fresh lime
- ▶ ½ fresh chilli (optional)
- ▶ 1 tsp sesame seeds, toasted
- ▶ Splash of fish sauce
- ▶ 1 tsp sesame oil
- ▶ 2 Tbsp fresh coriander & Thai basil, chopped

METHOD

Mix all dressing ingredients together.

Grill steak until cooked to your liking (medium is ideal).

Meanwhile, place remaining salad ingredients onto two plates.

Once the steak is cooked, allow to rest

for 5 minutes, slice thinly and place half on top of each salad.

Serve with dressing.

Protein: 34 g | Carbs: 1.7 g | Fat: 15.9 g

per serve

PROSCIUTTO WRAPPED CHICKEN

REAL FOOD | REAL SCIENCE | REAL RESULTS

SERVES 2



INGREDIENTS

- ▶ 100g chicken breast
- ▶ 130g feta, crumbled
- ▶ 12 slices Prosciutto (25g)
- ▶ 1 cup (about 50g) broccoli
- ▶ 16 asparagus spears
- ▶ 1½ cup (about 84g) spinach
- ▶ 1 Tbsp olive oil
- ▶ 1 clove of garlic, crushed

METHOD

Preheat the oven to 180°C.

Flatten the chicken breast to about 2.5cm thick. Place the feta and garlic on one side of the chicken and roll, ensuring the filling is well contained.

Wrap the 2 slices of Prosciutto around

the chicken, securing with a toothpick.

Place on an oven tray, pop into the oven and bake for 35 minutes, or until cooked through.

Meanwhile, lightly steam the broccoli, asparagus and spinach.

Serve with the olive oil drizzled on top.

Protein: 6 g | Carbs: 3 g | Fat: 23 g

per serve

CHOCOLATE CHIP COOKIES

REAL FOOD | REAL SCIENCE | REAL RESULTS

SERVES 10



INGREDIENTS

- ▶ 1½ cup almond flour
- ▶ 100g butter
- ▶ ⅓ cup granulated sweetener or more, to your taste
- ▶ ½ cup shredded, desiccated coconut
- ▶ 1 tsp vanilla extract
- ▶ 2 large eggs
- ▶ ½ tsp baking powder
- ▶ ¼ tsp salt
- ▶ ½ tsp xanthan gum (optional)
- ▶ ¾ cup sugar free chocolate chips

METHOD

Preheat the oven to 180°C.

Cream butter and sweetener in a bowl.

Add the vanilla and eggs, mix on low for another 15 seconds.

Add the almond flour, coconut, xanthan gum, baking powder, chocolate chips

and salt. Mix until well combined.

Roll the dough (or use a small ice cream scoop) to make 10 balls and place on a baking tray. Bake for 10 minutes.

Let them cool and serve.

Keep in an airtight container for up to 7 days.

Protein: 22.4 g | Carbs: 3.3 g | Fat: 32 g

per serve

GREEN GOODNESS FRITTERS

REAL FOOD | REAL SCIENCE | REAL RESULTS

V

SERVES 9



INGREDIENTS

- ▶ 2 cups baby spinach
- ▶ 70g cream cheese
- ▶ 1 courgette, grated
- ▶ ½ onion, chopped
- ▶ 13 eggs, free-range
- ▶ 1 Tbsp olive oil
- ▶ 1 clove of garlic, crushed
- ▶ 1 Tbsp olive oil, for cooking
- ▶ 1 avocado, (to serve) smashed

METHOD

In a large fry pan, heat the oil. Add the onion and fry on low for 3 minutes. Add the garlic and spinach and fry for another minute.

In a bowl, mix the eggs, add the fried spinach mix, cream cheese and grated

courgette and stir until combined.

In a hot fry pan add the oil and 1 heaped tablespoon of the fritter mix.

Fry each side for 1 minute or until golden.

Mash the avocado while frying the fritters.

Serve.

6 SNACKS

WITH LESS THAN 5g OF
AVAILABLE CARBOHYDRATES



2 celery sticks filled with
2 Tbs of cream cheese

ONLY
2.4 g



1 hard-boiled egg

ONLY
TRACE



1/4 cup raw walnuts

ONLY
0.5 g



1/2 cup of raspberries

ONLY
3.2 g



5cm piece of cucumber sliced
with 30g feta

ONLY
1.3 g

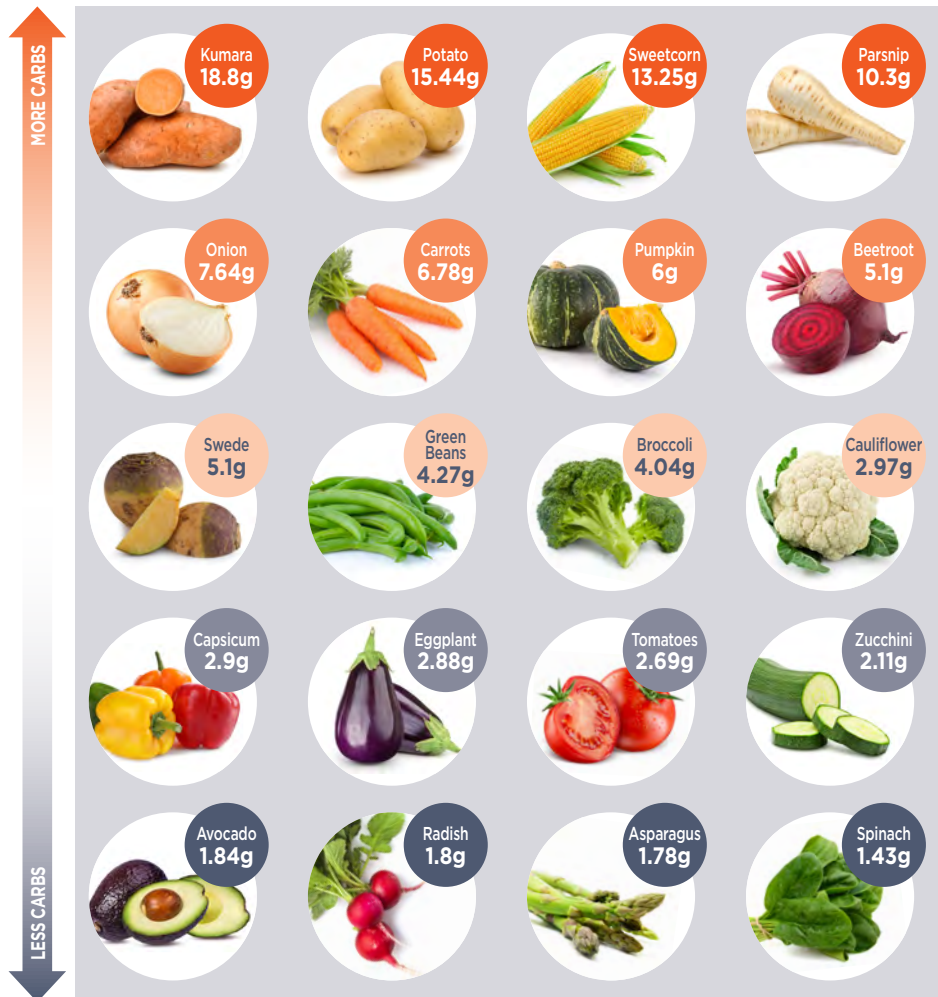


Alpha Lipid™ Ultra Diet™ 2 protein shake

ONLY
0.89 g

HOW MANY CARBS

ARE IN YOUR FAVOURITE VEGETABLES? (per 100g)



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