

Advice for the 2 Day weight loss diet

Warning

You should not attempt The 2-Day Diet if you are suffering from severe depression or have an eating disorder. The moderately high levels of protein in this diet may pose problems for anyone with kidney disease or anyone at risk of kidney disease. If you have diabetes, any other medical condition or if you are taking medication, seek advice from your GP before embarking on any diet and exercise programme. Only follow a weight loss diet if you need to lose weight.

Is the diet for me?

The 2-Day Diet is a tried and tested weight loss diet. For 2 days per week (ideally consecutive days) you can eat foods that are high in protein i.e. lean chicken fish, low fat dairy foods, healthy fats such as nuts, and fruit and vegetables. These foods are satisfying and reduce the feelings of hunger, which makes us less likely to overeat. You are asked to avoid carbohydrates i.e. breads, cereals, pastas, rice/grains, potatoes on these days. On the other five, unrestricted, days you eat a normal, healthy, Mediterranean-style diet which includes all of these foods as well as high fibre carbohydrate foods.

The 2-Day Diet is designed to be:

- Low enough in calories to enable you to lose weight, but without leaving you feeling hungry.
- Nutritionally balanced so that all your vitamin, mineral and protein requirements are met.
- Easy to fit into a normal, busy lifestyle.

[Download a guide to our 2 day diet here?](#)

You need to get the right intake of calories to lose weight which mainly depends on your current weight. Use the table below to select the right diet for your current weight to achieve a loss of 1-2lb (0.5-1kg) per week.

Weight range (imperial)	Weight Range (metric)	2 Day diet
7st -10st 3lb	45-65kg	Insert link to 2 day diet 1500kcal
10st 4lb-13st 5lb	65-85kg	Insert link to 2 day diet for 1800kcal
More than 13st 5lb	More than 85	Insert link to 2 day diet for 2100kcal

NOTE: Dave we will provide a PDF for each of the diets at a later date

These diets have been worked out assuming that you are following the guidelines for physical activity which are to do at least 150 minutes of moderate activity per week. Moderate activity is exercise where you feel warm and breathe harder and the heart beats faster, but you can still carry on a conversation.

Examples are:

- Brisk walking (3-4.5mph)
- Cycling (for pleasure 5-9mph)
- Vacuuming, cleaning windows
- Mowing the grass
- Gym based exercise (moderate effort)
- Swimming (moderate effort)
- Ballroom/line dancing

If you are less active than this your weight loss be slower. If you are more active then your weight loss could be faster than this.

Ideas for getting more active

Couch to 5k: www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx

NHS Choices exercise tips: www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx