

Advice for the 2 Day weight loss diet

Warning

Only follow a weight loss diet if you need to lose weight. 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.

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 depends on your current weight. These plans should help you achieve a loss of 1-2lb (0.5-1kg) per week.

Your current weight (imperial)	Weight Range (metric)	2 Day diet plan
Between 7st and 10st 3lb	Between 45 and 65kg	<u>Download 1500kcal diet plan</u>
Between 10st 4lb and 13st 5lb	Between 65 and 85kg	<u>Download 1800kcal diet plan</u>
More than 13st 5lb	More than 85kg	<u>Download 2100kcal diet plan</u>

The 2 day diet plans include some tasty new recipes for you to try. [Click Here](#)

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: <http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>

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

For access to 150 fitness and wellness classes each week, in over 60 venues across Manchester: <http://manchester.gov.uk/activelifestyles>