



## WHAT IS THE BACK TO SHAPE PROGRAM

BACK TO SHAPE is a comprehensive Program designed by Dietitians for Dietitians / Health Care Providers running weight loss clinics, as a TOOL to assist their clients in achieving rapid, safe, sustainable weight loss.

This program will assist your patient / client in moving into long-term sustainable dietary and lifestyle changes, resulting in them having both improved health and feeling better.

### BACK TO SHAPE consists of:

- A monitoring booklet for clients
- A choice of 2 meal plan options:
  - VLCD/VLED 3-phase diet plan
  - Intermittent fasting 5:2
- A unique focus on plant-based eating
- Use of the Back To Basics High Protein Supa Shake

### The program is an option for your practice

#### Run the Back to Shape Program with individual patients or as a group

- A phased approach to weight loss
- When used under the supervision of a Registered Dietitian, this program can easily be adjusted for each unique medical condition
- **Incorporates the use of the High Protein Supa Shake** PLUS a controlled meal plan using EITHER the VLCD phased-approach OR the intermittent fasting approach
- Encourages the use of plant-based eating
- Calorie-controlled menus
- Social Media and online support available

## DIABETICS, PREDIABETICS AND OBESE PATIENTS

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**will benefit hugely from the BACK TO SHAPE PROGRAM**

**The Back To Shape Program must be supervised by a  
Registered Dietician or Health care Practitioner.**

**The Program is designed to assist your patient in:**

- Losing weight
- Losing visceral fat
- Improving blood glucose AND HbA1C levels
- Lowering cholesterol levels
- Improving insulin sensitivity
- ..... and many more benefits

**You have the option of suggesting one of two meal plan options for your patient:**

1. VLCD phased-in approach:
  - Phase 1: 800Cal / day
  - Phase 2: 1000Cal / day
  - Phase 3: 1200-1500Cal / day

2. Intermittent Fasting 5:2 approach

\*Both plans incorporate the Back To Basics High Protein Supa Shake\*

**Time frame on the Program:**



The Dietician / Practitioner can define the time-frame dependent on individual client initial assessment and weight loss goals.

Typical Group-Session can be either 12 / 20 weeks (weekly sessions for monitoring, education and motivating)

**Note: Using the VLCD phased approach: clients move from phase to phase dependent on their body fat percentage loss.**

### **Back To Shape Booklet:**

The booklet is a useful tool used to support, monitor and encourage your patient during the time-period on the Back To Shape Program.

### **How to get the Back To Shape Program:**

**Step 1:** Register as an Agent on our [Online Shop](#)

([backtobasics-nutrition.co.za/my-account](http://backtobasics-nutrition.co.za/my-account))

**Step 2:** Purchase your required stock of Back To Basics High Protein Supa Shake on the [online shop](#)

**Step 3:** Purchase sufficient [Back To Shape Booklets](#) for your clients (sold as packs of 10 for R100)

**Step 4:** Once you have purchased the Back To Shape Booklets, you will have online access to our sample menu plans, plant-based recipes, information sheets on Diabetes, Prediabetes, Obesity, Plant-based eating, Intermittent fasting, Very Low Calorie Diets, and other topics of interest, and additional support material.