



## FOR DIETICIANS & WEIGHT LOSS PRACTITIONERS

### WHAT IS BACK TO SHAPE

Back to Shape is a comprehensive phased-approach weight-loss program designed by Dieticians for Dieticians and Weight Loss Practitioners as a TOOL to assist clients in achieving rapid, safe, sustainable weight loss.

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

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

- Losing weight rapidly and yet safely
- Managing / preventing Prediabetes / Insulin Resistance / Type 2 Diabetes
- Losing visceral fat
- Improving blood glucose AND HbA1C levels
- Lowering cholesterol levels
- Improving insulin sensitivity
- ..... and many more benefits

#### What does the Back To Shape Program consist of?

- Monitoring booklet for clients
- A choice of 2 meal plan options:
  - Very Low Calorie Diet PHASED-APPROACH diet plan
  - Intermittent fasting 5:2
- A unique focus on plant-based eating
- Use of the Back To Basics High Protein Supa Shake



**BACK TO  
BASICS**  
nutrition

## THE PROGRAM IS AN OPTION FOR YOUR PRACTICE

- Run the Back to Shape Program with individual patients or as a group
- Where necessary adjust the program for each unique medical condition

## CHOOSE ONE OF TWO MEAL PLAN OPTIONS FOR YOUR CLIENT:

1. Very Low Calorie Diet (VLCD) phased-approach

*Clients move from phase to phase dependent on their body fat percentage loss.*

*There is also the option to return back to a previous phase for a short while when "life happens"*

Phase 1: 800Cal / day

Phase 2: 1000Cal / day

Phase 3: 1200-1500Cal / day

Phase 4: Maintenance

2. Intermittent Fasting 16:8 approach (16 hours fasting, 8 hours controlled eating)

## NOTE: BOTH PLANS INCORPORATE

1. Back To Basics High Protein Supa Shake
2. Focus on Whole-Food Plant-Based eating
3. Calorie-controlled menus
4. Social Media and online support available

### Time frame on the Program:

The Dietician / Practitioner can define the time-frame dependent on individual client initial assessment and lifestyle goals. Typical Group-Session can be either 12 / 20 weeks (weekly sessions for monitoring, education and motivating)

## HOW TO GET THE BACK TO SHAPE PROGRAM:

### STEP 1

Select the Back To Shape dropdown menu Complete and return the Questionnaire for "Practitioners" to [joani@backtobasics-nutrition.com](mailto:joani@backtobasics-nutrition.com) to receive your link to the program

### STEP 2

Purchase your first order of High Protein Supa Shake (1 carton consisting of 6 display boxes of 30 sachets each. This will be sufficient for 2 clients in Month 1 of the Program.)

### STEP 3

Purchase sufficient Back To Shape Booklets for your clients (sold as packs of 10 for R100)

### STEP 4

Once you have completed the "Practitioner" Questionnaire 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.

Run the Program, use our tools, follow our social media (Facebook and Instagram).

REAP THE REWARDS OF HEALTHIER HAPPIER CLIENTS!

## CONTACT US

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