

Ideally, this program should be followed under the supervision of a Registered Dietician, who can then adjust the program for each unique medical condition.

CONTACT US FOR THE NAME OF A REGISTERED DIETICIAN NEAR YOU

BACK TO
Shape



**ENJOY THE
HEALTHIER
HAPPIER YOU!**



WHAT IS BACK TO SHAPE

BACK TO SHAPE is Back To Basics' unique lifestyle program designed by Dietitians to assist you in achieving your lifestyle goals.

Do you want to:

- Lose weight the healthy way – and sustain this weight loss?
- Lower your blood pressure?
- Lower your cholesterol levels?
- Manage or prevent Prediabetes / Insulin Resistance

If your answer is YES – then Back To Shape is just for you! It is a PHASED-APPROACH PROGRAM that will assist you in moving into long-term sustainable dietary and lifestyle changes, resulting in improved health and feeling better.



BACK TO SHAPE consists of:

- A healthy, tailor-made calorie-controlled meal plan suited to you and your lifestyle
- A unique focus on plant-based eating
- Incorporates the Back To Basics High Protein Supa Shake



HOW TO GET THE BACK TO SHAPE PROGRAM

STEP 1: Visit our Online Shop
www.backtobasics-nutrition.co.za/shop

STEP 2:

- Select the Back To Shape dropdown menu
- Complete and return the Questionnaire for "Individuals" – proceed to Step 3
OR Request a Dietician

Purchase your first order of High Protein Supa Shake (3 display boxes of 30 sachets each) – for Month 1 of the Program.

STEP 3: Our In-house Dietician will evaluate your questionnaire, and send you a basic menu and your own Monitoring Booklet.

NOTE: In the case of a serious medical condition, she will refer you to a Registered Dietician.

STEP 4: Follow the Program, use our tools (e.g. Plant-based recipes, menus, tips and more) on our website, Facebook and Instagram.