

We Recommend



**MEDICAL**  
SINCE 1987

# Vita diet

NUTRITION | ENERGY | WEIGHTLOSS

lose  
up to **3**kg  
in your first week!



**Don't need to lose weight?**  
The Vita Diet supplements can be enjoyed  
as great tasting nutrition packed snacks

ALL FLAVOURS  
**GLUTEN  
FREE**



TRIED  
**37**  
YEARS  
& TESTED



**AUSTRALIA:** Call 1300 742 537 or visit [VitaDiet.com.au](http://VitaDiet.com.au)  
**NEW ZEALAND:** Call (09) 889 8387 or visit [VitaDiet.co.nz](http://VitaDiet.co.nz)

# The Medical Vita Diet

The Medical Vita Diet can be described as the original Australian weight loss shake program and has been used to combat obesity in Australia since 1987.

It's called the "Medical" Vita Diet as it was designed by doctors and was originally only available through QLD medical centres. Today it is more commonly referred to as the Vita Diet.

The Vita Diet works by combining nutritionally enriched supplements with an eating plan to allow the body to use its own stored body fat as a source of energy.

The eating program focuses on eating fresh foods, rather than processed, and avoiding all sweet, fatty and starchy foods. The aim is to promote healthier food choices which will then assist with weight maintenance.

## 5 DAILY STEPS TO LOSE UP TO 3KGS IN YOUR FIRST WEEK!



1

CHOOSE ANY 2 VITA DIET SUPPLEMENTS



2

CHOOSE A MAIN MEAL FROM THE LIST



3

DRINK 8 - 10 GLASSES OF WATER



4

30 MINUTES OF EXERCISE



5

PERFORM A KETONE TEST (Optional)

## Handy Hints

- ✓ After 2 - 3 days, start performing a daily Ketone test in the morning. This is a urine test that indicates how much body fat you are burning. (P8, Dr's Guide)
- ✓ Flavour salads with a tablespoon of cold pressed olive oil and a tablespoon of apple cider vinegar.
- ✓ Use herbs, spices and curry to add flavour or as directed in the MVD Recipe Book.
- ✓ Try adding vegetables to the Vita Diet soups. This will help thicken them.
- ✓ Season your food with "Lite Salt", as this contains essential potassium and less sodium. Whilst the shakes have no added potassium which can interact with heart medication, potassium is found in the milk powder, vegetables as well as lite salt.



## 2 in 1 Doctor's Guide & Recipe Book

For a complete understanding of the Weight Loss Program, purchase Dr Holloway's Complete Guide to the Medical Vita Diet.

INCLUDED FREE IN STARTER PACK





# What's on the menu today

*"If it's not on the list, avoid for best results"*

## Protein Food Suggestions

Any items on the list in any combination  
120g females, 200g males\*

**Chicken & Turkey** *All meat to be skinned before cooking*

**Beef, Pork, Lamb** *Lean and trimmed of all fat*

**Seafood** *Any fish or shellfish*

**Tofu or Textured Vegetable Protein** *For vegetarians*

**Cheese** *Low fat - up to 30g per day*

**Cottage Cheese** *Low fat - up to 100g per day*



### IN ADDITION TO DAILY PROTEIN ALLOWANCE

**Whole Eggs** *Boiled or poached - 1 daily*

**Egg Whites** *Unlimited*

- ✓ Vary these protein foods as much as possible.
- ✓ Other types of lean meats are also acceptable.
- ✓ \*Protein intake can be increased for very active people.
- ✓ Nuts: Brazil, almonds & walnuts. Limit snacking to one handful daily.



## Unlimited Vegetables

Artichoke	Cauliflower	Mushrooms
Asparagus	Celery	Onion
Avocado (1/2)	Chinese Cabbage	Radishes
Alfalfa Sprouts	Chives	Rocket
Beans	Choko	Shallots
Bean Sprouts	Cucumber	Silverbeet
Beetroot (fresh)	Eggplant	Snow Peas
Broccoli	Garlic	Spinach
Brussels Sprouts	Kale	Squash
Cabbage	Leek	Tomatoes
Capsicum	Lettuce	Watercress
Carrots (1 Maximum)	Mung Beans	Zucchini

\*Vegetables are unlimited unless marked otherwise.

## Low Carb Fresh Fruit

One small piece

\*For maximum fat burning results avoid all fruits as these contain simple sugars. (All fruit can be enjoyed on the maintenance program)



See Dr's Guide (p.33) for more low carb options.

Apricot	Kiwifruit (50g)	Pineapple Slice
Blueberries (¼ Cup)	Mandarin	Plum
Grapefruit (½)	Melon Slice	Raspberries (¼ Cup)
Guava	Peach	Strawberries (5)

## Please Note

This menu has been specifically designed to go in conjunction with the Vita Diet supplements and combined together makes it a balanced diet. Using this menu with other brands could result in weight gain.

# Essentials

DIY Starter Pack



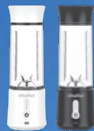
2 in 1 Doctor's Guide & Recipe Book



500ml Shakers



Portable Blenders



# Shakes, Soups & Dessert

Shakes

Soups & Dessert

Mixed 14 Pack



## The Secret's in the Sachets



### Gluten-Free

### Low Fat & Sugar

The shakes are perfect for those with gluten sensitivities, ensuring everyone can enjoy them.

The shakes are 99% fat-free and contain low-GI lactose, a natural sweetener found in all milk products. They contain NO artificial sweeteners.



### Complete Nutrition

Each shake, soup and dessert provides up to 50% RDI of essential vitamins and minerals. They also have complete protein.



### Australian Made & Owned

We are proud to support Australian businesses and ensure our supplements are of the highest quality.



## Where to Buy



Australia  
P: 1300 742 537  
VitaDiet.com.au



New Zealand  
P: (09) 889 8387  
VitaDiet.co.nz

# Start Today with the DIY Starter Pack



- ✓ 14 Mixed Shakes
- ✓ Country Chicken Soup
- ✓ Tomato & Herb Soup
- ✓ Choc Mousse Dessert
- ✓ Body Tape Measure
- ✓ Usage Guide & Eating Plan

*Everything you need!*



*Included Free*

**2in1 DR'S GUIDE  
& RECIPE BOOK  
+ 500ml SHAKER**

## A Program that Works!

**“ Lost 16kgs and 17 inches off my waist in just 4 months**  
- Simon D

**“ I weighed 130kg and lost 65kg on the Vita Diet in just 7 months** - Melissa W

**“ I have officially lost 20kg on my 10 week Vita Diet journey.**  
- Danielle V

**“ I started on 9th September and till just before Christmas I lost 14kgs.**  
- Annette B

**“ 17.2 kg gone in 6 weeks on Monday, this is the first diet I have done that I have stuck to this long. This support group is a big part of it so thank you.**  
- Janette M

**“ From 110kg to 99kg in 6 weeks with a couple of naughty foods in between**  
- Tanya P

**“ 10kg down in 5 weeks! Bring on week 6. Motivated to keep going!**  
- Paula G

**“ 20kgs weight loss....have kept it off for the past month.**  
- Ken H

**“ So first week down and a loss of 5.8kgs and 13cms**  
- Paula D

## You Are Not Alone

Everyone embarking on the Medical Vita Diet weight loss journey is invited to join the friendly and supportive Vita Diet support group.

Members offer advice, opinions and share recipes. Above all, they share their success stories and help provide inspiration and encouragement for those who have always struggled with their weight.



Join today - New Zealand & Australia FB support group.

# WEIGHT LOSS MEASUREMENTS

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_ Weight Loss Goal (Kg): \_\_\_\_\_

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
DATE	D / M											
WEIGHT (KGS)												
WAIST (CMS)												
BLOOD PRESSURE												

## PROGRESS CHART



**You drink you shrink!**



Unfortunately, when losing weight your scales don't always give you the whole picture. Sometimes you feel your weightloss has plateaued however you feel your clothes are still getting looser and that's why it's important to also take your measurements.

For accurate measurements, use the Vita Diet Body Tape Measure which comes in the DIY Starter Pack.