



# 26-day Calendar

Day 1 Loading	Day 2 Loading	Day 3 Low Calorie	Day 4 Low Calorie	Day 5 Low Calorie	Day 6 Low Calorie	Day 7 Low Calorie
SLIM & HIGH CALORIE EATING	SLIM & HIGH CALORIE EATING	SLIM *VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
Day 8 Low Calorie	Day 9 Low Calorie	Day 10 Low Calorie	Day 11 Low Calorie	Day 12 Low Calorie	Day 13 Low Calorie	Day 14 Low Calorie
SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
DAY 15-23 Low Calorie	DAY 24-26 Low Calorie	Day 27-49 CONSOLIDATION	Day 50 - 77 MAINTENANCE	From Day 78 You can start another programme		
SLIM VLCD	Stop SLIM			*VLCD = very low calorie diet		

