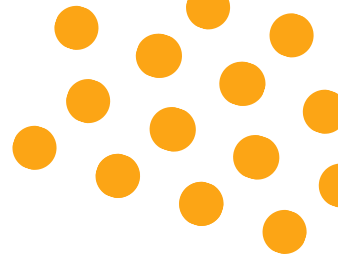




# INFORMATION FOR HEALTH PROFESSIONALS



## WHAT IS JANE PLAN?

We're one of the UK's leading weight loss programmes, delivering healthy, balanced and perfectly portioned meals, alongside support from a team of fully qualified experts.

The programme is designed by registered Nutritionists and a Behaviour Change Psychologist, and covers the areas of weight loss that people often find difficult.

Alongside the convenience of our healthy meal delivery service, we also offer support at every step. We have an online hub to help create healthy habits and make long term changes, all written and curated by our team of experts that includes six registered Nutritionists, a Behaviour Change Psychologist and a fitness coach.

All of this is available as part of our Lose Learn Live programme, as well as telephone support for those unable to access online resources.



## WHAT IS THE LOSE LEARN LIVE PROGRAMME?

We focus on long term, sustainable weight loss and for this reason have split the programme into two phases:

### LOSE & LEARN

is all about taking that first step towards a healthier lifestyle. We support our members with calorie-controlled meals and dedicated support, created by our team of experts. We provide the tools to support behaviour change, with a tailored eight week onboarding, nutritional advice, written articles, videos, and live events to suit any adult demographic.

### LEARN TO LIVE

is about maintaining weight loss in the long term and living a healthier lifestyle. It offers bespoke meal bundles and all the support needed when 'going it alone'. There's online support curated specifically for weight maintenance; easy to follow healthy recipes, workout for all ages and fitness levels, psychological support and access to our Nutrition team via phone or email.



# OUR FOOD

We never exclude any food groups, there's no fads, shakes or bars on our programme. All of our meals are nutritionally balanced and more importantly, taste delicious. Our mission is to change the perception that calorie-controlled food has to be boring.

Our menu has over 80 dishes to choose from, with full nutrition and allergen breakdown available. Variety and choice is important to us, which is why our members can change their menu from month to month.

We deliver breakfast, lunch, dinner and a snack for each day, and advise supplementing this with 2 portions of fruit, 3 portions of vegetables, and some dairy products alongside their meals each day. This helps to support optimum nutrition and gives them the freedom to make each dish their own and choose their favourites to add.



# OUR SUPPORT

We know that weight loss goes beyond the plate and have designed a support programme to help our members change the way they think about food, AND equip them with the tools to make long term behaviour change. We work with a Behaviour Change Psychologist, a chef, a fitness coach and our very own team of registered Nutritionists to support, inspire, motivate and educate our members.

Included in our support programme is;

- Weekly articles and workshops to de-bunk and make learning digestible
- Recipes and food guides to keep members on track throughout their programme
- Workout classes on demand, for any fitness level, to help members incorporate more movement into their lives
- Live events from all of our experts including cook alongs, workouts, Q&As and workshops



# NUTRITIONAL GUIDANCE

Our team of registered Nutritionists are on hand to support members whenever they need it. Our online hub covers topics such as portion control, reducing fat, sugar and salt intake, how to incorporate healthier foods into every day life, and much more. We're always at the end of a phone or email, no matter how small or big the question might be.

We also have a range of weight loss tools available, such as a food and mood diary, weight loss tracker and BMI calculator.



# NHS GUIDELINES & SUITABILITY

We closely follow NHS and NICE guidelines to support our members in developing healthier eating habits and becoming more active. Our meals, along with the advised additional fruit, veg and dairy support a sustainable weight loss of 1-2lbs a week, with an estimated calorie deficit of 700 kcal each day.

The programme is suitable for anyone over the age of 18 with a BMI over 24.9kg/m<sup>2</sup> who is not pregnant. Whilst we have worked with many people with diabetes, hypertension and other chronic conditions associated with obesity, anyone with an ongoing medical condition should seek GP advice before starting a weight loss programme.

To date we've helped thousands of people successfully lose weight and improve their health, including many GPs, nurses, and other health professionals who have completed our programme and referred it to patients.

## HOW IT WORKS

Orders can be placed via our website or telephone, we can also post out a brochure for anyone who does not have access to the internet.

We'll deliver a box every 28 days, with 28 breakfast, lunches, dinners and snacks. Our delivery is right to the door, or can be left in a safe space if no-one is home.

Access to our support hub is available 24/7 and our nutrition team can be reached via email or telephone during office hours.



## GET IN TOUCH

Speak to one of our qualified Nutritionists.



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