

Introducing the 5:2 Jane Plan in association with Woman magazine.

What is the 5:2 Jane Plan?

We deliver direct to your door, 8 days of food every month. Each day totals 500 calories. All you have to do is eat your 5:2 Jane Plan for 2 days each week and follow our menu suggestions for the remaining 5 days each week.

Our philosophy is that there are few things more important than the food you eat, so we want you to enjoy your 500 calorie days on your 5:2 Jane Plan diet. When you're cutting calories like this your days should be enjoyable, easy and stress free – full of wholesome, nutritious food. With our beautifully balanced meals, you'll feel fuller for longer, even if you're only eating 500 calories a day!

How does 5:2 Jane Plan Work?

On 5:2 Jane Plan, you choose 2 days of the week to fast, eating just 500 calories a day for women and 600 calories a day for men. You can choose which days to fast, but we like Mondays and Thursdays best!

The 5:2 Jane Plan is a totally flexible way of dieting. You're not committing yourself to minimum calories every single day, missing out on eating normally 7 days a week: instead you're just eating a calorie restricted diet 2 days a week.

You choose what you eat on the other 5 days: you can still go out to dinner or eat with your family and we'll also give you lots of ideas for your 5 non-fasting days in your box.

On the 2 fasting days, we've provided all your food for you and we've even added in some serving suggestions, so if you fall short of calories you know what to add in.

All you need to do is choose one breakfast, one soup and one main meal to eat over the course of your fasting day. Follow the menu closely using any remaining calories on having a piece of fruit or by adding vegetables or salad, as directed on your menu, which is in your box.

In association with:

Woman

What's in the box?



- ✓ All your perfectly portioned meals for 8 fasting days a month
- ✓ Breakfasts, lunches, dinners
- ✓ Your step by step guide
- ✓ 500 calories a day
- ✓ Your food diary
- ✓ Your weekly menu, including ideas for non fasting days
- ✓ Exclusive discount on Abel & Cole
- ✓ Access to our client account area

"We've teamed up with Jane Plan to make your diet days even easier, more enjoyable and stress free. The box is packed with 8 days of balanced meals that are tasty and of great value. Good luck with the diet..."

Karen Livermore, Editor of Woman magazine

Continued overleaf >

5:2 Jane Plan diet

Week no.	Week 1		Week 2		Week 3		Week 4	
	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2
Breakfast	Pure porridge oats (148 kcal)	Organic branberry with strawberries (132kcal)	Organic branberry with strawberries (132kcal)	Pure porridge oats (148 kcal)	Organic branberry with strawberries (132kcal)	Pure porridge oats (148 kcal)	Pure porridge oats (148kcal)	Organic branberry with strawberries (132kcal)
Lunch	Curried sweet potato & butternut squash soup (111kcal)	Veggie & bean soup (108 kcal)	Mushroom soup with porcini (105 kcal)	Carrot & coriander soup (84kcal)	Veggie & bean soup (108 kcal)	Pea & ham Soup (132 kcals)	Mushroom soup with porcini (105 kcal)	Carrot & coriander soup (84kcal)
Dinner	Chicken Napolitano (207 kcals)	Root vegetable casserole (195 kcals)	Rich ragu with beef (188 kcal)	Mediterranean vegetable lasagne (233kcals)	Chicken Casserole (217 kcals)	Pasta Mediterranean (213 kcal)	Tuna pasta bake (249 kcals)	Classic vegetable curry (261 kcals)
Total Calorie intake	466 kcal	435 kcal	425 kcal	465 kcal	457 kcal	493 kcal	502 kcal	477 kcal

*Serving suggestions will be included with your box, **Vegetarian menu also available

How do I store the 5:2 Jane Plan food

There's no need to keep your 5:2 Jane Plan meals in the fridge or freezer – they will stay perfectly fresh in their sealed containers. All you need to do is heat – and enjoy!

Our unique cooking method means we never use any artificial preservatives, instead our food stays fresh because we use a method very similar to the popular sous vide method, which not only seals in the flavour, but the goodness too. All your 5:2 Jane Plan meals use chef inspired recipes to create delicious dishes just for you. Just as importantly, our Nutritionist personally checks the nutrients in every dish, so you can lose weight the healthy way!

We make losing weight easy for you

Your 5:2 Jane Plan is a rolling subscription, so we'll continue to send your diet every 28 days, enabling you to continue your 5:2 Jane Plan, uninterrupted. Payments will also continue to be deducted every 28 days until you cancel. We make cancelling very easy and even send you an email reminding you to do so.

Medical Conditions – can I still have 500 calorie days twice a week?

There are certain groups for whom this diet is not recommended. These are:

- Children – they are still growing and should not be subjected to nutritional stress
- Type 1 diabetics and diabetics on insulin
- Pregnant women and breastfeeding mothers
- Anyone with an eating disorder, and the very lean or underweight
- People recovering from surgery, and those with an underlying medical condition or taking prescribed medications: we advise you to see your GP first before starting on any weight loss regime
- Anyone feeling unwell or feverish
- People taking warfarin: consult your GP first as it may increase your INR.

* Before starting any diet regime consult your GP.

* If you start to feel unwell whilst on the diet please stop



Visit: 52.janeplan.com

Email: hello@janeplan.com • Call: 02034416646