

This VLED is medically formulated for rapid weight loss and is usually followed for 15-30 days before surgery. It will meet almost all your nutritional needs including protein, fibre, calcium and iron.

How to get started:

1. Don't leave your nutrition to chance, instead read the multivitamin section and use the **Easy to swallow multivitamin list** to choose your multivitamin wisely. **This is important to prevent nasty health problems that result from vitamin and mineral deficiencies.**
2. Remember to drink 2 litres (or more) of hydrating fluids every day.
3. Choose a high quality VLED product that contains 28 - 30 g of protein per serve from our **VLED product list** then follow the eating plan below. If you decide to use a VLED product with 35 g of protein per serve you do not need to use any protein powder in your eating plan.
4. Choose a high quality protein powder from our **Enriching protein powders list** to help meet your daily protein target. Your protein powder needs to provide 15 grams of protein. This can be added to your breakfast shake.
5. Use the **What to eat on your VLED** table for a list of allowed foods and the **Shopping for your VLED eating plan** to shop with ease.
6. Download your **Enlighten Nutrition VLED nutritious and delicious recipes** carrot dip (with chimichurri), cauliflower fried rice, vegetable lasagne, to cook some new and tasty recipes developed by our chef (whose a dietitian too).

What to eat everyday

Daily	 Your easy to swallow multivitamin	 2 litres (or more) of hydrating fluid
Breakfast	 1 VLED product enriched with protein powder	and  1 cup "eat freely vegetables" sautéed
Morning tea	 1 serve of allowed fruit e.g. ½ banana	
Lunch	 1 VLED product	and  ¾ cup of EN cauliflower fried rice or  1 cup salad using "eat freely" vegetables
Afternoon tea	 ½ cup of EN carrot dip (with chimichurri) with "eat freely" vegetables	
Dinner	 1 VLED product	and  1 cup of EN vegetable lasagne and  or  1 cup "eat freely" vegetables or salad
Supper	 1 serve allowed fruit e.g. 8 strawberries	

Disclaimer: In the absence of robust science recommendations are based on best available evidence and expert opinion.