

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 20 g of protein per serve from our **VLED product list** then follow the eating plan below.
4. 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.
5. 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

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



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.



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