

Eurodiet Overview

	PHASE 1	PHASE 2	PHASE 3A	PHASE 3B	PHASE 3C	PHASE 4
Suggested BMI	30+ with no contraindications	27+ with no contraindications	25+	25+	25+	20+
Number of meals per day	4 (Breakfast, lunch, snack and dinner)	4 (Breakfast, lunch, snack and dinner)	4 (Breakfast, lunch, snack and dinner)	4 (Breakfast, lunch, snack and dinner)	4 (Breakfast, lunch, snack and dinner)	4 (Breakfast, lunch, snack and dinner)
Number of Eurodiet meals per day	4 *	3 *	2 *	2 *	2 *	1 or more
Number of your own meals per day	0** + Permitted vegetables and salads	1** + Permitted fruits, vegetables and salads	2** + Permitted fruits, vegetables and salads	2** + Permitted fruits, vegetables and salads	2** + Permitted fruits, vegetables and salads	3**
Suggested Duration	2 Weeks	4 Weeks	4 Weeks +	Until near goal	Until near goal	Maintenance
Exercise	Strenuous activity is not recommended; however light exercise such as walking, gardening and housework is fine.	Strenuous activity is not recommended; however light exercise such as walking, gardening and housework is fine.	Exercise should begin: 2 hours a week recommended	Exercise should increase to 3 hours a week	Increase progressively to 4 hours a week recommended,	4 hours a week recommended, but at least 2 to 3 hours per week needed
Alcohol	Not recommended. If you are missing alcohol, try a slim line tonic and ice (without the gin!)	Not recommended. If you are missing alcohol, try a slim line tonic and ice (without the gin!)	Not recommended. If you are missing alcohol, try a slim line tonic and ice (without the gin!)	Alcohol can be introduced from this Phase, but limit your intake to once or twice a week with the following recommendation. <ul style="list-style-type: none"> • 150ml glass of red / white / sparkling wine • 250ml of beer 	Alcohol can be introduced from this Phase, but limit your intake to once or twice a week with the following recommendation. <ul style="list-style-type: none"> • 150ml glass of red / white / sparkling wine • 250ml of beer 	In moderation. However you should avoid liqueurs and excessive amounts of alcohol as they contain lots of calories.
Which Phase next?	Phase 2 NEVER EXCEED 12 WEEKS OF PHASE 1 & 2	Phase 3 NEVER EXCEED 12 WEEKS OF PHASE 1 & 2 Phase 3 can be followed till goal weight	Nearing your goal?, move to Phase 3B.	Nearly there? Move on to Phase 3C. If there's still room for improvement, you can move back to Phase 3A	Goal reached move to Phase 4 for maintenance Phase. If there's still room for improvement, you can move back Phase 3A or 3B	Phase 4 is maintenance and putting all the hard work of the previous weeks into action. You can always return to any of the previous stages of Phase 3.

* If you are male or have a BMI over 40 you may add 1 extra Eurodiet meal a day
 ** See Programme Guide for details