

Kate Morgan VLCD (Very Low Calorie Diet) Daily Planner

Follow this daily plan based on VLCD shakes along with healthy fresh vegetables for optimum success whilst on your Kate Morgan Weight Loss Program.

MEAL	CONTENT
Meal 1	1 Kate Morgan VLCD Shake
Meal 2	1 Kate Morgan VLCD Shake
Meal 3	1 Kate Morgan VLCD Shake
Meal 4	2 Cups Low Starch Vegetables
Plus	1 teaspoon of Vegetable Oil per day
Recommended Supplements	Chromium, Fibre and Multi-vitamin
Water	Minimum of 8 glasses per day

Allowed Vegetables and Salads

Allowed	Not Allowed
<ul style="list-style-type: none"> • Asparagus • Beans • Bok Choy • Broccoli • Brussels Sprouts • Cabbage • Celery • Cucumber • Capsicum • Carrots (max. ½ cup per day) • Lettuce • Leeks • Mushrooms • Parsley • Radish • Shallots • Snow Peas • Spinach • Squash (Scallopini) • Tomato (max. 2 per day) • Sprouts (bean, alfalfa, etc) • Eggplant • Onions • Zucchini 	<ul style="list-style-type: none"> • Avocado • Beetroot • Corn • Parsnip • Peas • Potatoes • Pumpkin • Sweet Potato