



BLUEPRINT OF 3 SUPER PILLARS

SuperFastDiet is an awesome way of life because it doesn't only help you to lose weight and maintain your goal for good, it helps you to balance out every other aspect too!

the three super pillars™

Our three pillars cover fasting, food and lifestyle under the headings Super Fast, Super Food and Super Life, providing a one-stop-shop for happiness, health and wellbeing.



SUPERFAST

Intermittent fasting, or as we like to call it 'intermittent eating', is not only a medically proven sustainable weight loss solution, it's also full of other health perks too!

Although an ancient practice, it is now being embraced for its high adherence rates (which lead to amazing results), as well as its simplicity, flexibility and a whole host of other health-boosting benefits such as lower cholesterol, reduced blood pressure, lowered diabetes, cancer and heart disease risk factors, reduced risk of Alzheimer's disease and even a longer life span. Fasting works because you only diet part-time which means you still get to enjoy all the food and drinks you love during non-fast periods. Think of it as delayed feasting.

There are many different methods of fasting but at SuperFastDiet we prefer the three most doable ones: 2-day, 3-day and part-day.

OUR THREE FAVOURITE METHODS ARE:

2
day



2-DAY METHOD

2 day means you fast 2 days a week at 500 cal for the average woman

3
day



3-DAY METHOD

3 day means you fast 3 days a week at 1000 cal for the average woman

part
day



PART-DAY METHOD

Part day means you fast 16 hours a day and feast on 1600 cal the other 8 hours



SUPERFOOD

Here's the awesome news about SuperFastDiet:
it's a lifestyle for foodies!

Because there are plenty of feasting opportunities as well as low-calorie times too, there are endless options for eating what you want and as staying full on fasting days.

1600 calories really is a lot of food, for example, but 500 calories can be generous too if you choose wisely.

HERE'S SOME GREAT SAMPLE CHOICES FOR LO-CAL TIMES:



1 BOILED EGG:
60 CALORIES



1/2 PUNNET OF STRAWBERRIES:
45 CALORIES



CHICKEN SKEWERS:
180 CALORIES



HALF A MANGO:
70 CALORIES



CHILI BEEF, VEGETABLES, BROTH & NOODLES:
140 CALORIES



BLACK TEA:
0 CALORIES!

...AND ACTUALLY THAT'S A 500 CALORIE DAY DONE. NOT THAT HARD IS IT?



SUPERLIFE

Super Life provides you with exercise, mindset and lifestyle solutions for a complete transformation, inside and out.

It is divided into 6 sub-pillars to support everything that is important in a balanced life.

- ▶ **Super Heart:** for love and giving
- ▶ **Super Mind:** for motivation, mental health and headspace
- ▶ **Super Move:** for fitness, strength and health
- ▶ **Super Happy:** for every day joy!
- ▶ **Super Rest:** for time out and relaxation
- ▶ **Super Style:** for keeping it fabulous



SUPERMOVE



SUPERMIND



SUPERHAPPY



SUPERREST



SUPERSTYLE



SUPERHEART

plan your week[™]

Now it's YOUR turn: plan out and colour code your week! (use the colours indicated below for each category)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST?	NO	YES	NO	YES	NO	NO	NO
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							
11PM							

■ FEAST ■ FAST ■ MOVE ■ REST ■ STYLE ■ HAPPY ■ MIND ■ HEART