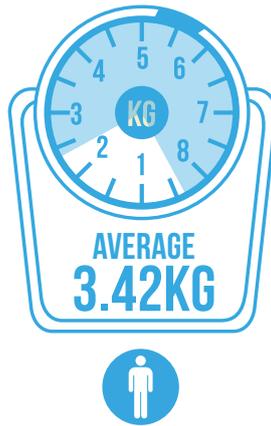


# 21 Days can make a huge difference...

Liz Kullman Managed a group of men & women on a 21 day FitChef weight loss kit. Containing 54 meals + 42 Smoothies : 3 meals per day for 6 days per week. 2 smoothies per day. Our aim was to represent a typical group of people (not excessively overweight)

in 21 Days on FitChef Food the following results were achieved on nothing but quality food.

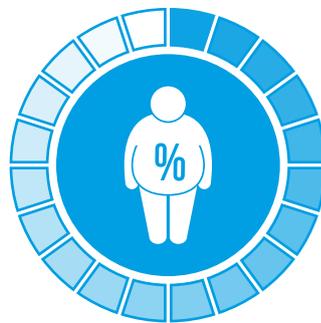
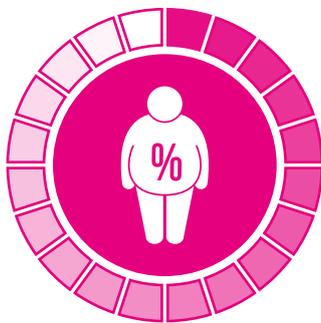


## WEIGHT LOSS RANGE IN 21 DAYS

Dietician Comments



A healthy rate of weight loss is 0.5kg to 1kg per week. Average weight loss is substantially higher than typical but is still within the healthy average.

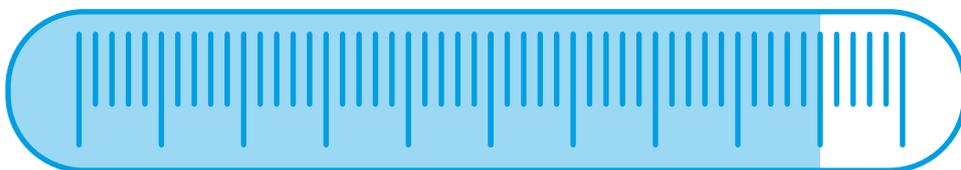
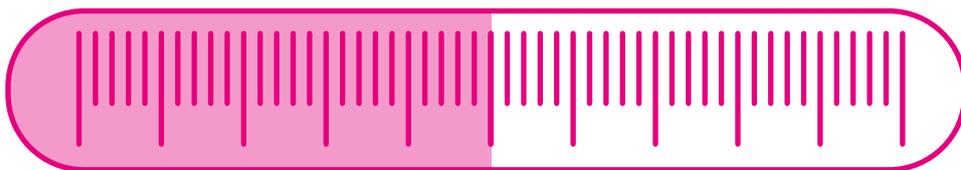


## Dietician Rating BODY FAT PERCENTAGE

Dietician Comments



87% of weight lost was body fat. This is excellent as losing weight as body fat is the most desirable way to lose weight.



## WAIST LOST IN CENTIMETERS

Dietician Comments



Clinical evidence shows that by reducing your waist size by 5-10 cm you can significantly improve your health.

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Between 1.3kg - 1.7kg\*  
\*Exercise required



## LEAN MUSCLE GAIN

Dietician Comments

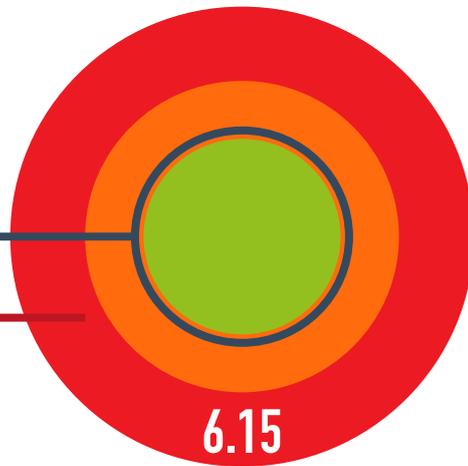


Lean muscle gain is the amount of the muscle gained during the loss of fat. Losing fat and gaining muscle is optimal result of an active lifestyle.

TARGET: < 4.1 mmol/L

21 days later: 4.18 mmol/L

BEFORE: 6.15 mmol/L



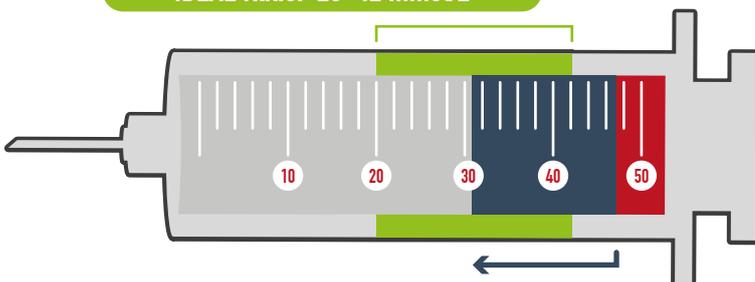
## CHOLESTEROL RATIO

Dietician Comments



Divide your high-density lipoprotein (HDL, or "good") cholesterol number into your total cholesterol number. An optimal ratio is less than 3.5

IDEAL Ratio: 20-42 mmol/L



Down from 47.9 to 30.5 mmol/L

## B-HBAIC (Glycated hemoglobin)

Dietician Comments



Higher amounts of glycated hemoglobin, indicating poorer control of blood glucose levels, have been associated with cardiovascular disease, nephropathy, neuropathy, and retinopathy.