

# Guidance for playing Joker 4: Full Reset Plan on the NHS Low Calorie Diet Programme

You can play *Joker 4: Full Reset Plan* if your weight has increased by 4kg (9lbs) or more and you are in Phase 3 Retune. You can play this Joker once in Phase 3 but only if you have not already played *Joker 3: Mini-Reset Plan*.

A Full Reset Plan lasts six weeks in total and consists of:

- 4 Weeks of 4 x TDR products a day; then
- 1 week of 2 x TDR products and 1 meal a day; and then
- 1 week of 1 x TDR product and 2 meals a day.

## Before you start your Full Reset Plan

You will need to speak with one of our Advisers to:

1. **Confirm that the medications you're taking will not pose any risks to you** and that it's **safe for you to proceed with the Full Reset plan** without making any changes (see end of document for details)
2. **Agree a start and finish date for your Reset Plan** ensuring that you are able to follow the plan for the **full six weeks**
3. **Agree to monitoring throughout the Reset Plan** by
  - a. **Recording and submitting weekly** weight and blood glucose measurements, and blood pressure measurements if you were on blood pressure medications at referral to the programme.
  - b. **Checking-in with our Advisers** each week
4. Our Advisers will then issue you with a **voucher code to order 133 products** at this weblink <https://www.exantediet.com/voucher-codes/momenta/full-reset-order.list> (or you can get to this through the main Momenta page <https://www.exantediet.com/momenta.list> on the Exante site).

## To prevent complications we advise you to

- Space your products / meals regularly throughout the day
- Take the daily fibre supplement to prevent constipation
- Drink at least 2 litres of additional fluid – and more if you're eating bars rather than soups or shakes or the weather is warm.

## Top tips for success on the Reset Plan

1. Plan ahead and keep focused on what you're trying to achieve
2. Talk to our Adviser on your weekly check-ins – and/or your Coach in your meetings.

3. Think about how you'll make best use of your Momenta *High performance toolkit* (see pages 86-91 of your Momenta *Workbook*)
4. Drink plenty of water and other low calorie fluids or try some of the drinks in your Momenta *Workbook* (pages 24-30)
5. For the last two weeks of the *Full Reset Plan*, plan ahead by referring to pages 164-191 in your Momenta *Workbook*. Reintroduce only healthy balanced meals during this phase to prevent complications and minimise weight gain and other side-effects. You'll find suitable recipes for weeks 4-6 in our Momenta *Recipe Book 2* <https://discovermomenta.com/diabetes-remission-1>
6. Take time to learn from your experiences and consider what you need to do to sustain your weight loss by *developing and adopting healthy lifestyle behaviours for the long term*

## Medications – see page 19 of your TDR booklet

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**Important!**

- If you're at all unsure about whether to make changes to any of your prescribed medications or if your prescribed medications have changed since referral check with your GP practice asap
- Do NOT make any changes to your medication until your first day of TDR products. Keep taking your medication as normal until then
- If you're taking any Sulfonylureas, Meglitinides and SGLT2 inhibitors (see table below for common brand names) you MUST STOP doing so on your first day of TDR products as taking these on a low calorie diet has higher risks than other medications
- Do NOT start total diet replacement (TDR) products if you're in any doubt.

Class of medication	Examples of drugs
Sulfonylureas	Gliclazide, Glibenclamide, Glimepiride
Meglitinides	Repaglinide, Nateglinide
SGLT2 inhibitors (-flozins)	Dapagliflozin, Canagliflozin, Empagliflozin, Ertugliflozin

