

The Diet Plans



exante trim

Ideal for those with BMI over 30

Low calorie diet containing 1000 calories a day

Enjoy healthy home cooked meals with our signature shakes and snacks for a delicious diet plan that helps you lose pounds quickly.



exante maintain

Ideal for those with BMI between 25 & 30

The perfect diet plan to help maintain your new healthy lifestyle

With both delicious meals and snacks from exante as well as home cooked extras, this diet plan focuses on maintaining your new healthy lifestyle and keeping the weight off.

example Trim Meal Plan

Follow our example meal plan to help you on your journey to a healthier and slimmer you! A structured meal plan will help take the stress out of your day in planning on what to eat next while still being able to enjoy delicious foods.

	Breakfast	Snack	Lunch	Dinner	Snack
Monday	Cookies & Cream Shake		Vegetable Wrap with Spicy Crunchy Veggies	Steak kebabs	Salted Caramel Shake
Tuesday	Mocha Shake		Tex Mex Chicken Quinoa	Fish Tacos with Roasted Carrots	Birthday Cake Shake
Wednesday	Vanilla Shake		Tuna Salad Cups	Chicken Pad Thai	Strawberry Shake
Thursday	Strawberry Shake		Vegetarian Chili	Honey Garlic Salmon with Sauteed Asparagus	Chocolate Mint Shake
Friday	Salted Caramel Shake		Greek Pitas with Roasted Tomato Dip & Carrots	Italian Turkey Meatballs with Parmesan Spaghetti Squash	Cookies & Cream Shake
Saturday	Strawberry Shake		Stuffed Peppers	Jamaican Chicken with Rice & Beans	Vanilla Shake
Sunday	Cookies & Cream Shake		Cauliflower Crust Pizza with Super Food Spinach Salad with Pomegranate Glazed Walnuts	Sundried Tomato Parmesan Chicken Zoodles	Chocolate Shake

example Maintain Meal Plan

Follow our example meal plan to help you on your journey to a healthier and slimmer you! A structured meal plan will help take the stress out of your day in planning on what to eat next while still being able to enjoy delicious foods.

	Breakfast	Snack	Lunch	Dinner	Snack
Monday	Egg White Scramble with Toast	Shake + Banana	Club Sandwich with Super Mayo with Carrot & Chickpea Salad	Chicken Pad Thai	Salted Caramel Shake
Tuesday	Greek Yogurt Parfait	Shake + Mixed Nuts	Quinoa Black Bean Bowl	Honey Garlic Salmon with Sauteed Asparagus	Birthday Cake Shake
Wednesday	Peanut Butter Banana Oats	Shake + Apple	Chicken Tacos with Avocado Salad	Orzo Paella	Strawberry Shake
Thursday	Quinoa Fruit Salad + Fat Free Greek Yogurt	Shake + Blueberries	Greek Pita Sandwich with Roasted Tomato & Baked Pita Chips	Ramen Bowl with Roasted Garlic Edemame	Chocolate Mint Shake
Friday	Avocado Poached Egg on Toast	Shake + Orange	Pork & Broccoli Grain Bowl	Sundried Tomato Parmesan Chicken Zoodles with Roasted Carrots	Cookies & Cream Shake
Saturday	Oatmeal Banana Pancakes	Shake + Mixed Nuts	Vegetarian Chili with Tuna Salad Cups	Steak kebabs	Vanilla Shake
Sunday	Breakfast Burrito	Shake + Banana	Cauliflower Crust Pizza with Super Food Spinach Salad with Pomegranate Glazed Walnuts	Jamaican Chicken with Rice & Beans & Green Bean Gremolata	Chocolate Shake