

Understanding Weight Gain and the Reset Plan

And Frequently Asked Questions



Understanding Weight Gain

A small amount of weight gain or weight stabilisation is expected when food is reintroduced in **Stage 2** after Total Diet Replacement (TDR, **Stage 1**). This is a normal response to rapid weight loss and doesn't mean you'll regain everything or that further progress isn't possible.

Below are some common reasons why this happens, and tips to help minimise it.

1. Water Weight

When you start eating whole foods again, your body stores more glycogen, which is how it keeps carbohydrate reserves for energy. Each gram of glycogen is stored with some water, so this can cause a small increase in weight. Returning to solid foods may also slightly increase your salt intake, which can further increase water retention.

2. Metabolic Slowdown

When calorie intake is significantly reduced, your body adapts by slowing down its metabolism to conserve energy. This means your body requires fewer calories to maintain its current weight. When you begin eating more, your metabolism may not adjust immediately, leading to a temporary calorie surplus and weight gain.

Action: Focus on what you can control - stay active, keep a regular sleep routine, and eat balanced meals. Progress isn't always visible on the scales straight away, so be patient with your body.

3. Increased Appetite and Cravings

Dieting changes hormones that affect appetite and cravings. This can make portion control and food choices more challenging when you return to regular meals.

Action: Choose balanced meals, drink plenty of water, and plan meals in advance to reduce last-minute, less healthy choices.

4. Psychological Factors

Restricting certain foods can create feelings of deprivation, leading to cravings and overeating when these foods are reintroduced. The mental effort of maintaining a strict diet can be challenging, and it's easy to slip back into old habits when returning to a more relaxed eating pattern.

Action: Practice mindful eating - eat slowly, notice the taste and how full you feel. This can help you enjoy your food more and avoid overeating.

5. Physical Activity

During TDR, we recommend you don't increase your physical activity while your calorie intake is low. However, if activity levels remain low in the longer term, this can lead to weight gain. During rapid weight loss, it's common to lose some muscle mass as well as body fat. Resistance training (such as using weights, resistance bands, or bodyweight exercises) is particularly important as it helps you build and maintain muscle. The more muscle you have, the more efficiently your body uses energy, which supports long-term weight maintenance and fat loss.

Action: Aim to include resistance training 2–3 times per week, focusing on major muscle groups. Start gently and build up gradually, especially if you're new to strength-based exercise. Remember, physical activity should be tailored to your lifestyle and done consistently.

6. Lack of Maintenance Strategies

After a period of TDR, it's easy to slip back into old habits without clear strategies to maintain progress. Without a plan for meals, activity, sleep, and stress management, weight regain becomes more likely over time.

Action: Use your Food Reintroduction Manual for practical guidance during this transition and make maintenance strategies part of your routine. This includes meal planning, regular physical activity, good sleep, and looking after your mental wellbeing. Create a supportive environment and let those around you know why this is important to you and how they can help. Putting these habits in place early makes long-term success much more achievable.

Q: What happens if I gain weight?

Remember that weight gain is not a failure - it's a common part of the journey. With the right strategies and support, you can continue moving toward your goals. This involves identifying factors that may be contributing to weight gain and developing effective strategies to manage them. By understanding the underlying causes, we can create a tailored plan to support your progress.

During Weight Maintenance (**Stage 3**) If your weight increases by 2 kg (4 lbs) or more above your lowest weight in Food Reintroduction (**Stage 2**), you may be eligible for the **Reset Plan**. This is available between weeks 20 and 39 of the programme.

The Reset Plan gives you two options:

1. **TDR Reset** – a short return to TDR with soups and shakes.
2. **Non-TDR Reset** with coaching support

You can only do the Reset Plan once, but you may join at any point from week 20 and up to week 39 if you are eligible.

Q: How does Reset work?

If you're eligible, you'll receive a Reset Offer email. If you're interested, you can then schedule a **Reset Offer call** to discuss your options.

Participation is entirely your choice: scheduling a call does not commit you to following a **TDR Reset Plan**. If you decline the offer, you can still opt in at any time up to week 39 of the programme.

Please note: you can only do the Reset Plan once.

Q: What support will I receive if I don't go back on TDR?

During your **Reset Offer call**, we'll explore possible reasons for your weight gain (such as eating habits, physical activity, sleep patterns, and stress). Whether or not you choose the **TDR Reset**, you'll receive one-to-one coaching support during the **Reset Offer call**, to set and reach personalised goals that address the factors contributing to your weight gain. This will help you put strategies in place for long-term success. Your Diabetes Practitioner will also continue to support you with these goals through your regular programme sessions to help you stay on track.

Q: What is the TDR Reset Plan?

The **TDR Reset Plan** involves:

- Four weeks of TDR using soups and shakes
- Followed by three weeks of food reintroduction
- All diet replacement products for the **Reset Plan** will be provided free of charge.

Getting Started on the TDR Reset Plan

The **Reset Plan** typically begins around three weeks after you accept the offer. This allows time to:

- Schedule your **Reset** calls
- Organise delivery of your TDR soups and shakes.

If you are taking certain medications to control your blood glucose levels (meglitinides, SGLT2 inhibitors, or sulphonylureas), we will need to obtain approval from your GP before proceeding.

You will receive an email about 10 days before your start date, which will include:

- An access code for your TDR products
- A summary of what's required from you during the Reset Plan.

During the **TDR Reset Plan**

You will need to:

- Consume four TDR products per day
- You may also have up to two servings of the fibre supplement, if needed
- Drink at least two litres of water or no-calorie fluids daily
- Refer to the Stage 1 (TDR) guidance in your Personalised Action Plan via the Wellbeing Way app

You will have weekly Reset calls to:

- Record your weight, blood glucose, and blood pressure (if applicable).
- Check in on your progress and wellbeing.

If your sessions are face-to-face, measuring devices will be provided. Your regular programme sessions will continue as usual, and you'll still need to provide measurements for those.

Thinking about Reset Options

Reset – with or without TDR – can help you to regain the progress you made during Stage 1 and renew your motivation for long-term lifestyle changes.

It's important to remember that **TDR Reset** is a one-time strategy to help you get back on track; long-term success depends on consistent lifestyle habits. Here are some factors you may want to consider when thinking about your Reset options. Remember, you can discuss these during your **Reset Offer call** if you become eligible.

Reset without TDR

- **Builds long-term**, sustainable habits to maintain weight loss and prevent regain.
- **Gives you one-to-one support** during your **Reset call** to set personalised goals and address the factors contributing to weight gain.
- Avoids the disruption and potential side effects of returning to TDR.
- **Helps you focus on putting healthy habits** into practice straight away. Going back to TDR can help with short-term weight loss, but it won't address the habits and lifestyle factors that matter for long-term success.

TDR Reset Plan

- Can help you lose weight again, but lasting success still depends on behaviour change afterwards.
- Requires commitment to weekly **Reset calls**, measurements, and strict adherence to the TDR schedule.
- May cause side effects such as fatigue or headaches to return and can be more disruptive to daily routines.

Summary

A small amount of weight gain after TDR is completely normal and doesn't mean your progress is lost. There are many positive steps you can take to prevent or minimise further gain, and we'll be here to support you along the way.

With the right strategies in place, you can stay on track and keep moving toward your long-term goals.

