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HICJUICE 5:2 SOUP DIET

The 5:2 Soup Diet is inspired by the popular 5:2 intermittent fast diet to recharge, cleanse and boost fat metabolism through limiting calorie intake for two non-consecutive days a week with the other five days of eating normally. You will consume 3 x 500ml bottles of nutrient-dense soups on the fasting days, which will be on 2 alternate days of each week.

How does 5:2 diet work?

Intermittent fasting triggers the body's processes that protect and repair, allowing it to heal. It is also a safe and alternative approach to weight loss (more specifically fat loss), without causing muscle loss, in comparison to daily dieting or crash dieting. This is based on the theory that the body is able to burn fat at a higher rate after a period of fasting for 12 hours or more when the insulin level is reduced.

Why soup during the fasting days?

Instead of having to count the calories at every meal during your fasting days, HICJUICE makes it so much simpler for you with our nutritionally designed 5:2 Soup Diet. Our nutritionists have helped with the calorie counting whilst at the same time, making sure that you get sufficient nutrients from the soups to support the fasting days. The selected soups are blended with whole fruit and vegetables under low heat to help promote higher nutrient absorbability. They are low in sugar, high in dietary fibre and protein to keep one satiated throughout the day.

Does the soup diet help in cleansing?

With a liquid diet, your digestive system is given a quick rest to reset and heal for better nutrient absorption.

How is this different from a full juice/ soup cleanse?

The 5:2 Soup Diet is part of a sustainable lifestyle of intermittent fasting that takes a longer term approach to healthy dieting whilst a Juice/ Soup Cleanse is effectively a detox program designed to cleanse your digestive system through flushing it with an influx of nutrient, done typically over consecutive periods of 3 or 5 days. It is not similar, but can be done concurrently to reap greater benefits.

What benefits can I see from the 5:2 Soup Diet?

It is a sustainable lifestyle that goes beyond losing weight. Most have reported to feeling lighter, more alert and energized. Through the plan, you will be more mindful of your diet on non-fasting days. It also helps to train your body to utilise fat as a source of energy. This soup diet is not

the lighter side





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When should I stop or start eating before and after the fast?

Do not eat within 12 hours before your next soup or after your last soup.

Does it matter what order I drink the juices in 5:2 soup diet?

There are no hard and fast rules to this but we generally recommend something a little sweet or filling in the morning and evening and for the green soup to be in the afternoon.

How would I feel during fasting days?

You may experience slight headaches or feel tired and cold because of the reduced calorie intake but your body will quickly adapt to the changes after a week or two. If you feel hungry, drink plenty of water and sip herbal tea between the soups. Keeping busy is really helpful, as is reminding yourself of the potential health benefits and your goals in weight management that you can achieve from this to spur yourself on.

Can I drink caffeinated and/or alcoholic beverages during fasting days?

You will find yourself getting better results if you stick to water, herbal teas or warm lemon water. Coffee and alcohol might add on to your overall calorie intake.

Should I exercise during fasting days?

Yes! Studies have suggested that light exercise while fasting is beneficial as it encourages your body to utilize fat as source of energy, therefore contributing to reductions in both body weight and body fat. However, do listen to your body and avoid over-exercising if you feel weak or light-headed.

What do I eat on non-fasting days?

Effectively you can eat normally, but of course we will recommend nutrient-dense foods, including fruit, vegetables, whole grains and lean protein such as chicken and fish, as well as a reduced intake of processed food, sugars, and unhealthy snacks.

Is the 5:2 soup diet suitable for everyone?

This diet may not be suitable for young children, pregnant or nursing mothers, elderly and immune-compromised individuals. If you are on medication or have any health conditions, please consult your doctor before embarking on a 5:2 soup diet.

The **HICJUICE 5:2 SOUP DIET** consists of 2 daily sets of 3 x 500ml bottles of soups per week, and is sold in 2, 4 and 6 weeks plans. Fast days are on alternate days and can start on Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays. The soups can be collected or delivered in packs for 6 for

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