

What is a Total Diet Replacement (TDR)?

A Total Diet Replacement (TDR) programme involves replacing all regular meals with specially formulated meal replacement products. These products are nutritionally complete and provide the vitamins, minerals, protein and other nutrients your body needs while following a reduced-calorie diet.

Programme Structure



Weeks 1-12:

Total meal replacement with 4 Altralife products (soups or shakes) per day.



Weeks 13-16:

Gradual food reintroduction with support from our dietitians.

How to Get Started

Order your first month's meal replacement products through the website using your unique promotional code. This code is personal to you and should not be shared.

Follow the programme as prescribed:

- Drink plenty of water throughout the day
- Attend scheduled reviews and check-ins
- Contact the clinical team if you have concerns

Support Through Month Four

The Food Reintroduction stage helps build the skills and confidence needed for long-term success, we provide guidance on food choices, managing hunger and maintaining progress.

After Food Reintroduction, you will move into the Weight Maintenance phase, focusing on sustainable eating habits, regular physical activity and ongoing support