



Kefir Diet — Safe Weight-Loss Guide

Mini-brochure: what it is, common variants (1-day reset, 3–7 days, kefir + foods), portion sizes, sample day, protein & fibre add-ons, probiotics note, hydration & electrolytes, who it suits / who should avoid, risks & cautions, refeeding plan, smarter alternatives, FAQ.

What Is the Kefir Diet?

- A short-term, dairy-centred plan built around fermented milk drink kefir (usually 1–2.5% fat).
- Weight change mainly comes from a calorie deficit and reduced variety; probiotics are a side benefit.

Common Variants

Variant	Outline	Notes
1-day reset	kefir split into 5–6 servings across the day	brief digestive rest; hydrate well
3–7 days (classic)	kefir base + limited add-ons by day	hard to sustain; plan protein & fibre
Kefir + food	kefir plus fruit/veg and lean protein	more balanced; easier to follow

Portion Sizes (typical)

Food	Portion	Why
Kefir 1–2.5%	200 ml per serving, 800–1200 ml/day	spread out to keep hunger stable
Lean protein (chicken/fish/eggs/Greek yogurt)	80–120 g cooked or 2 eggs	preserves muscle; improves satiety
Fruit/veg	1–2 cups non-starchy veg; 1 fruit	adds fibre, vitamins, volume
Whole grains or buckwheat (optional)	½ cup cooked	gentler energy on active days

Sample Day (balanced kefir + food)

Meal	Idea
Breakfast	kefir smoothie with berries + chia; coffee/tea unsweetened
Lunch	grilled chicken or tofu salad; kefir glass on the side
Snack	kefir with cinnamon; apple or cucumber sticks
Dinner	baked fish + vegetables; ½ cup buckwheat (optional)

Add-Ons to Keep It Safer

- Add lean protein to each meal to protect muscle and curb hunger.
- Add fibre: vegetables, chia/flax; aim for soft cooked veg if digestion is sensitive.
- Season lightly with herbs/spices; minimal added sugar.

Probiotic Notes

- Kefir contains live cultures; keep it refrigerated and consume fresh.



- If you're lactose-sensitive, try low-lactose kefir or small portions with meals.

Hydration & Electrolytes

- Drink water/unsweetened tea; consider a pinch of salt in one glass if light-headed.
- Very hot weather or exercise: add broth/mineral water for sodium/potassium.

Who It May Suit / Who Should Avoid

May suit (short term)	Avoid/seek medical advice
People who like dairy and need a brief, structured reset	Pregnancy/breast-feeding; kidney/liver disease
Those without lactose intolerance	Diabetes on medication/insulin; GI disorders; eating-disorder history
As a 1-3 day plan with added protein/veg	Hypercholesterolemia — choose low-fat kefir; consult clinician

Risks & Cautions

- Monotonous dairy-only menus can be low in calories, fibre, iron and some vitamins.
- Possible side effects: fatigue, headache, constipation or diarrhoea; adjust portions, add veg/fibre, and hydrate.
- If you feel unwell, stop the plan and eat a balanced meal; seek medical advice if symptoms persist.

Refeeding Plan (after 1-3 days)

1. Day 1: add eggs or chicken/fish + vegetables to kefir meals.
2. Day 2: add whole grains or potatoes; include fruit.
3. Day 3: return to balanced plates ($\frac{1}{2}$ veg, $\frac{1}{4}$ protein, $\frac{1}{4}$ smart carbs).

Smarter Alternatives (flexible approach)

Goal	Try instead
Gentle deficit	Plate Method; track portions for 1-2 weeks
Gut friendly	kefir/yogurt as snack only + high-fibre meals
Active days	keep carbs from whole grains/fruit; not just dairy

FAQ — Quick Answers

Question	Answer
Can I use flavoured kefir?	Prefer plain; flavours add sugar. If used, include it in your daily calories.
Is low-fat or whole better?	Low-fat lowers calories; a little fat improves satiety — choose what helps adherence.
Coffee/tea allowed?	Yes, unsweetened. Add a splash of kefir or milk if needed.



Scan the QR to open the full kefir diet guide with cautions and examples.