Registered number
09972091

Get Clear, Eat Clean and Stay Lean Ltd

Filleted Accounts

31 January 2017

Get Clear, Eat Clean and Stay Lean Ltd

Registered number: 09972091

Balance Sheet

as at 31 January 2017

	Notes		2017
			£
Current assets			
Cash at bank and in hand		261	
Creditors: amounts falling due within one year	2	(2,227)	
Net current liabilities			(1,966)
Net liabilities			(1,966)
Capital and reserves			
Called up share capital			1
Profit and loss account			(1,967)
Shareholder's funds			(1,966)

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Christopher Nailor

Director

Approved by the board on 26 October 2017

Get Clear, Eat Clean and Stay Lean Ltd

Notes to the Accounts

for the period from 27 January 2016 to 31 January 2017

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

2 Creditors: amounts falling due within one year

	2017
	£
Other creditors	2,227

3 Controlling party

The company is controlled by the director, Christopher Nailor who also owns the only issued share in the company.

4 Other information

Get Clear, Eat Clean and Stay Lean Ltd is a private company limited by shares and incorporated in England. Its registered office is:

22 Holly Close

Gillingham

ME7 1SX

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.