

QUICK START PACKAGE



What you can count on:

- Weekly one-on-one health coaching
- Lifestyle education and guidance
- Structured weight loss while supporting muscle mass and an understanding of how food affects and is utilized by the body, including what causes fat storage.
- Personalized approach to setting weight loss & management goals
- Phase specific educational videos to help you along the way
- Access to cooking videos built for every phase and taste
- Shelves stocked full of Ideal Protein groceries
- A relaxing, convenient and discrete drive-up location
- In-house personal trainer ~ training is available at all phases

What's in my quick start bag?

- 28 Ideal Protein Meal Replacement Packets
- 30-day supply of Required Natura Multi-Vitamin Supplement
- 30-day supply of Required Natura Calcium/Magnesium Supplement
- 30-day supply of Required Natura Omega-3 Supplement
- 60-day supply of Required Potassium Citrate Supplement
- 1 box of Branched Chain Amino Acids
- Ideal Protein Potassium Enriched Salt
- Ideal Protein "Blender Bottle" Shaker

Cost of Program:

- Client Membership Fee: \$250
- Quick Start Bag: \$277.00 (Variety bag of different foods)
- Average Weekly Cost of Food on Phase 1: \$98

Ideal Protein: Week 1



Breakfast:

- Pre-made Vanilla Drink
- Pancake Mix
- Pre-made Chocolate Drink
- Maple Flavored Oatmeal
- Fine Herb and Cheese Omelet
- **Apple Cinnamon Soy Puffs**
- Chocolate Caramel Mug Cake
- Orange Drink Mix
- Crispy Cereal

Lunch:

- **Dill Zippers**
- **Protein Party Mix**
- Wildberry Yogurt Drink Mix
- Chicken a la King Flavored Pottage Mix
- Chicken Noodle Soup Mix
- Broccoli and Cheese Soup Mix
- Mushroom Parmesan Couscous Risotto
- BBQ Crisps
- Nacho Cheese Dorados
- Pre-made Cappuccino Drink

Snack:

- **Caramel & Peanut Bar**
- Lemon Wafer
- Vanilla Crispy Square
- **Double Chocolate Brownie**
- Chocolate Soy Puffs
- **Peanut Butter Bar**
- Pre-made Chocolate Pudding
- Raspberry Jello
- Pre-made Strawberry Banana Drink

Don't forget to take:

- 1 Potassium
- 2 Multi-Vitamin
- 4 Cal-Mag
- 2-Omega-3
- Branched Chain Amino Acids
- Ideal Salt

Red= Restricted (1 per day)



"In order to succeed, we must first believe that we can"

-Nikos Kazantzakis

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Download the Ideal Smart App for daily videos and online journaling.