

What you get with our weight loss method

1. Initial Consultation – personalized evaluation of overall health, medication, conditions, and diet habits that will lead you to success. Education to start off right and keep you on track.
2. Starter Bag – 1 weeks worth of a variety of Ideal Protein Food, 1 months supply of necessary vitamins and minerals, and educational tools to help you succeed.
3. 21 high biological value foods weekly.
4. Foods that are clean, without preservatives and estrogen.
5. Leucine is an amino acid that is required in order to process protein properly and many products do not have the 2 grams per serving that is needed. IP has 2 grams or more per serving and this is one reason why the quality of our product is superior to others in the market place.
6. Daily videos that will assist you through out your journey.
7. Weekly Body Composition Analysis – ensures compliance and efficacy of the program, showing fat loss and muscle maintenance.
8. Access to a highly trained and qualified coach, whom you will see weekly and is there to see they are safe and attain your goal.
9. A health care provider over seeing your care while on the program.
10. Education on how their body works and responds - this will assist them in getting ready for maintenance.