



Nutrition Programs

Do you want to lose weight? Improve your overall health? Or ward off common lifestyle diseases affecting the Western world today? Take the first step on your wellness journey and sign up for one of our nutrition programs! Here are your options:

1) Ideal Protein Weight Loss Protocol

A structured medically designed & supervised weight loss method consisting of 3 meal replacements per day. \$450 to start (includes 10-days of food products, 1-month supplements, and initial consultation), followed by \$100 per week for food products and weekly coaching visit. Through this program you will gain an understanding of how food affects and is utilized by the body, including what causes fat storage.

2) Detox Kit

Let us guide you through a 7-day science-based detox program followed by a 14 day clean-eating plan that will reboot your metabolism and eliminate all the junk and toxins that are holding you back from experiencing your best possible health and vitality. For \$280 receive a **detox kit** which includes protein powders, supplements, menu plans, and recipes for clean-eating plus 3 webinars & daily email support.

3) Anti-Inflammatory Detox Diet

The purpose of this 21-day clean-eating detox diet is to clear your body of foods and chemicals to which you may be allergic, sensitive, or physiologically unable to process and digest. This detox is NOT a diet, it is not a deprivation, and it does not involve fasting. Instead, for 3 weeks you will be enjoying real foods and learning to eat in a brand new way that will enlighten your body, your mind, and your spirit. For only \$97 you will receive a 3-week menu plan with recipes, healthy living tips, grocery shopping list, and nutrition education material. We will guide you, support you, and encourage you every step of the way as we introduce you to eating real, natural, whole foods to simply look and feel your best.

4) One-on-One Nutrition Counseling

Our one-on-one nutritional counseling program provides you the guidance and support to help you reach your health goals. Creating a healthy lifestyle is one of the most important goals you can accomplish. These sessions will include complete assessment of your overall nutrition, medical history, and dietary habits, followed by a personalized plan to help you achieve your nutritional goals and a healthy lifestyle. Initial consultation is \$50 and follow-up sessions only \$30.