



## **Discover the Ideal Protein Difference!**

With the Ideal Protein Weight Loss Method, you will not only see results, but also be empowered with valuable nutritional knowledge that will help sustain your results throughout your new lifestyle.

### **One-on-One Service**

- Exclusively available from Ideal Protein approved health care professionals
- Dedicated coaches provide weekly support sessions and ongoing education/support
- Weekly personalized weight and measurement progress

### **The Ideal Protein Weight Loss Method**

During the weight loss phases, we limit carbohydrate intake to encourage the body to turn to its fat stores for energy. By eating high biological protein food, the protocol helps to support muscle mass and teaches you how to develop smarter eating habits and lifestyle choices, to help maintain your weight after your goal is achieved.

### **Our Products**

During the weight loss phases, you will have the choice to eat from a variety of Ideal Protein foods that are easy to prepare and are available in a variety of textures, tastes and delicious flavors. These along with a healthy regimen of vegetables, animal protein and greens will keep you satisfied all while teaching you smarter eating habits for the future.

**Call Now to Book an Appointment and  
Start Your Journey!**

**781-834-7300**