

Phases

1 To be followed until 90% of your weight loss goal is achieved.

3 Ideal Protein packets per day
+ vegetables
+ unlimited lettuce
+ additional protein of your choice

Breakfast (example only)
Ideal Protein Crispy Cereal

Lunch
Ideal Protein Mushroom Soup with vegetables & lettuce

Dinner
Chicken breast with vegetables & lettuce

Night-time Snack
Ideal Protein Salt and Vinegar Ridges

2 To be followed until your weight loss goal is achieved.
(minimum 2 weeks)

2 Ideal Protein packets per day
+ vegetables
+ unlimited lettuce
+ additional protein of your choice

Same as Phase 1 except we replace lunchtime Ideal Protein food with a meal of your choice

3 14-Day gradual reintroduction of healthy carbohydrates and fats in the morning only.

Congratulations!
You've achieved your weight loss goal!

4 Maintain your new body shape and renewed health while reintroducing pleasure and rewards.

Keeping it off for life!

