



## *Ideal Protein Weight Loss Method*

- Easy 4-Phase Medically Designed Protocol
- Lose an Average of 3 to 7 Pounds Per Week
- Promotes Fat Loss while Maintaining Muscle
  - Naturally Suppresses Appetite
  - Supports Cellulite Reduction
  - Promotes Vitality & Energy



## **NOT Allowed on Phase 1 & 2**

- **No Pasta, Rice, All Potatoes, Legumes, Breads or Carbohydrates**
- **No Rooted Vegetable of any kind, which includes Beets, Carrots, etc.**
- **No Sweet Peas and Corn**
- **No Fruit or Fruit Juice**
- **No Commercial Vegetable Juice**
- **No Cheese and Other Dairy (except 1 oz. of milk in coffee or tea only)**
- **No Nuts**
- **No Soda**
- **No Alcohol (Beer, Wine, Spirits, etc.)**
- **No Cheating !!!**

**Remember that carbohydrates turn to sugar in the body and as long as the body has sugar as an energy source, fat cannot be burned. These small restrictions are only temporary and are a small sacrifice for a short amount of time. Once you have achieved your weight loss goal then you will once again enjoy them in moderation!**

## **Good Luck!**

### **For more information contact:**

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