

IDEAL PROTEIN

The Ideal Protein Protocol

Description of your main motivation, your “why”

Phase 1 : Weight Loss Reset Body

Phase 2 : Stabilization Reset Mind

Phase 3 : Maintenance Reset Possible

What's happening

In Phase 1, optimize fat loss through nutritional ketosis and preserve lean body mass through an adequate daily intake of high biological protein. Essential nutrients are provided through daily supplements, water and low-glycemic vegetables.

What's happening

Beginning with a Step-down week, food intake is recorded for seven days to create the nutritional foundation for Stabilization. Healthy fats and complex carbs are reintroduced in a measured and deliberate fashion, assessing the tolerance each week to effectively manage hunger and maintain weight loss.

What's happening

For the first 12 months following Stabilization, you will continue to receive ongoing education, support and strategies from your coach and clinic.

To Dos

- Patient/portal set up
- Download and set up Ideal Protein app
- Review app with coach
- Take before picture

To Dos

- Complete first 7 days Step-down food record
- Weekly sessions to track hunger, cravings & macro needs until stabilization achieved
- Take after picture

To Dos

- Receive ongoing education, support and strategies
- Stay connected with your coach. Continue to use the app and WiFi scale
- Incorporate all you've learned to maintain your success!

What you're eating

- Minimum of 3 Ideal Protein foods per day
- Vegetables
- Unlimited lettuce
- Dinner protein of your choice*
- Daily supplements

What you're eating

- You may have up to 2 Ideal Protein foods per day
- Unlimited Phase 1 vegetables
- Unlimited lettuce
- Expanded selection of protein choices
- Reincorporation of complex carbohydrates and healthy fats
- Daily supplements

What you're eating

You'll reintroduce many of the foods you love, with moderation and guidance. Continue to enjoy Ideal Protein foods, meal replacement drinks and bars, and Ideal Protein supplements.

Weekly coaching sessions

Weigh and measure, review of My Daily Journals, helpful hints and strategies, weekly dieter questions, review obstacles, Ideal Protein food selections

Helpful tools

Ideal Protein app, cooking videos, fitness tips, recipes, pre-orders, tasty Ideal Protein meals, snacks, drinks
Only for Phase 3: Ongoing maintenance strategies