

How the Method Works

Weight Loss

The body has three sources of energy: (1) carbohydrates are always burned first followed by, (2) protein and (3) lipids (fats). Once the body has depleted its carbohydrate reserves, it will simultaneously draw on its protein and fat reserves for energy. The intake of our high-biological value protein isolates during the Ideal Protein Weight Loss Method will help maintain lean muscle mass and force the body to turn to its fat reserves for energy. We also offer our Alternative Protocol optimized for diabetics and adolescents.

More than weight loss

- **Supports Cellulite Reduction:**
Ideal Protein's fat-targeting approach locates and shrinks fat cells all over the body. Your cellulite is easily targeted and just one of areas you'll experience rapid improvement.
- **Skin Revitalization:**
Proteins are essential for growth and repair of all cells – especially skin cells. Finally your skin, hair and nails get the vital nutrients they need to look and feel their best.
- **Improved Convalescence:**
Protein plays a major role in the treatment of illness since the body is primarily composed of protein. Protein provides vitality and strengthens the immune system.
- **Stabilization of blood sugar levels and other obesity related conditions.**



A variety of
uncomparable
gourmet flavors!



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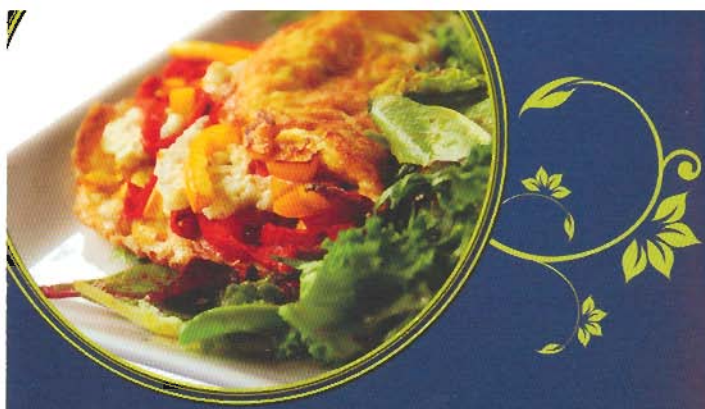
www.idealprotein.com

Conception and realisation : www.webtelecom.ca



Your last diet





One-on-One Service

- Exclusively Available from Accredited Ideal Protein Healthcare Professionals
- Dedicated Coaches provide Weekly Support Sessions and Nutrition Education
- Weight & Measurement Progress Analysis
- Learn valuable nutritional information to ensure you keep the pounds off and enjoy the renewed skin, body shape, health and energy level you deserve



The Ideal Protein Weight Loss Method

The Ideal Protein Weight Loss Method is a quick and healthy protocol with proven, long-lasting results. Our gourmet protein foods contain highly assimilable, high-biological value protein isolates combined with essential amino acids and are complemented with supplements and mineral salts.

- Lose 3 to 7 lbs. per Week
- Primarily Promotes Fat Loss
- Helps to Maintain Muscle Mass
- Tones & Revitalizes Skin
- Supports Cellulite Reduction
- Promotes Vitality & Energy
- Naturally Suppresses Appetite
- Re-establishes Pancreatic Function (Insulin)

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!

