

# IDEAL PROTEIN

## The Ideal Protein Protocol

Description of your main motivation, your “why”

### Phase 1: Weight Loss

*Reset Body*

#### 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.

#### To Dos

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

#### What you're eating

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

#### Weekly coaching sessions

#### Helpful tools

### Phase 2: Stabilization

*Reset Mind*

#### 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.

#### To Dos

- Complete the first seven Step-down days of your Stabilization food record
- Weekly follow-up sessions over the course of two months or more are designed to monitor macros and the reintroduction of carbohydrates
- Take your “after” photo!

#### What you're eating

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

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

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

### Phase 3: Maintenance

*Reset Possible*

#### 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

- 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

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