

Most people say their total food bill is exactly the same if not less than before starting our program because they are redirecting average food expenses (aka take out, junk food, desserts, alcohol, bread, cereal, rice, pasta, and other fattening, UNHEALTHY and EXPENSIVE food options) to our different, healthier options which often results in our program being neutral in cost or \$0.00 added expense for food which makes our program FREE!

Initial Consultation	Phase 1	Phase 2	Phase 3	Maintenance
Price: \$360	Price: \$85/week	Price: \$62/week	Price: \$62/week	Price: \$0.00 (FREE!)
<p><u>Includes:</u></p> <ul style="list-style-type: none"> • Medical history review • Medication review • Initial weight • Body measurements • Body fat composition • Before photos • Explanation of protocol • The Inner Diet Program • 3 boxes of food • 3 required vitamins 	<p><u>Includes:</u></p> <ul style="list-style-type: none"> • Required weekly appt • Weigh in • Body Measurements • Monthly body fat check • Food journal review • Accountability Coaching • 3 boxes of food • 3 required vitamins 	<p><u>Includes:</u></p> <ul style="list-style-type: none"> • Required weekly appt • Weigh in • Body Measurements • Monthly body fat check • Food journal review • Accountability Coaching • 2 boxes of food • 3 required vitamins 	<p><u>Includes:</u></p> <ul style="list-style-type: none"> • Required weekly appt • Weigh in • Body Measurements • Monthly body fat check • Food journal review • Accountability Coaching • Learn basic nutrition • 2 boxes of food • 3 required vitamins 	<p><u>Includes:</u></p> <ul style="list-style-type: none"> • Required monthly appt • Weigh in • Body Measurements • Monthly body fat check • Accountability Coaching • Learn basic nutrition to keep the weight off • 2 semi-annual “tune ups” are strongly encouraged
<u>Length of appt:</u>	<u>Length on phase 1:</u>	<u>Length on phase 2:</u>	<u>Length on phase 3:</u>	<u>Length on phase:</u>
1.5 hours	Until weight loss goal is achieved <small>(Client picks goal weight)</small>	2 weeks	2 weeks	One year+



Weight Loss Done Right!

Compare Our Prices With Other Area Weight Loss Programs*

Program	Average Monthly Cost
The Diet Center Weight Loss Done Right	\$340 \$85/week includes <u>everything</u> you need to be successful!
Ideal Protein / Ideal You	\$480
Jenny Craig	\$390-675
Nutrisystem	\$257-418 <small>The more affordable options equate to fewer meals and limited personal support, while the expensive options come with more menu choices and perks.</small>

(*pricing as of 4/1/21)

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