

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 practically FREE!

Initial Consultation	Phase 1	Phase 2	Phase 3	Maintenance
Price: \$399	Price: \$92/week	Price: \$68/week	Price: \$68/week	Price: \$0.00 (<u>FREE!</u>)
<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 	<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 	<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
<p><u>Length of appt:</u></p> <p>1.5 hours</p>	<p><u>Length on phase 1:</u></p> <p>Until weight loss goal is achieved (Client picks goal weight)</p>	<p><u>Length on phase 2:</u></p> <p>2 weeks</p>	<p><u>Length on phase 3:</u></p> <p>2 weeks</p>	<p><u>Length on phase:</u></p> <p>One year+</p>