

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 of some typical foods eaten when overweight such as take out, junk food, desserts, alcohol, bread, cereal, rice, pasta, and other fattening, UNHEALTHY and EXPENSIVE food options to our 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!** Plus if you roll in the added value of our 100% FREE maintenance program = PRICELESS!

Initial Consultation	Phase 1	Phase 2	Phase 3	Maintenance
Price: \$399	Price: \$98/week	Price: \$72/week	Price: \$72/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 • Weekly \$20 program fee • 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 • Weekly \$20 program fee • 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 • Weekly \$20 program fee • 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
<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+ However long you need help for

Scroll down for more info ↓

Dieter response when asked about cost:

When you consider the cost of the medications such as statins, insulin, etc., and factor in the cost for the anti-inflammatories, the potential cost for cardiac rehab after the heart attack, assuming you survive the heart attack, or the cost of the quality of life of being overweight such as with diabetes, back pain, sleep apnea, popping pills, and joint replacements, etc., as well as it's really uncomfortable to be overweight, I think it's pretty reasonable.

What did it cost for you to get to where you are?

What is your health and well-being worth?

100% of our clients have ZERO regret! They all say it's the best thing they ever did for themselves and they have no regrets! They only wish they did it sooner!