

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: \$107/week	Price: \$78/week	Price: \$78/week	Price: \$0.00 (FREE!)
<u>First appt Includes:</u> • 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 • Everything you need to get started!	<u>Weekly Appt Includes:</u> • Health Coaching • Nutrition Education • Accountability and Support • Weigh in • Body Measurements • Monthly body fat check • Food journal review • 3 boxes of protein products • 3 required vitamins	<u>Weekly Appt Includes:</u> • Health Coaching • Nutrition Education • Accountability and Support • Weigh in • Body Measurements • Monthly body fat check • Food journal review • 2 boxes of protein products	<u>Weekly Appt Includes:</u> • Health Coaching • Nutrition Education • Accountability and Support • Weigh in • Body Measurements • Monthly body fat check • Food journal review • Learn basic nutrition • 2 boxes of protein products	<u>Monthly Appt Includes:</u> • Health Coaching • Nutrition Education • Accountability and Support • Weigh in • Body Measurements • Monthly body fat check • 2 semi-annual “tune ups” are strongly encouraged
<u>Length of appt:</u> 1.5 hours	<u>Length on phase 1:</u> Until weight loss goal is achieved (Client picks goal weight)	<u>Length on phase 2:</u> 2 weeks	<u>Length on phase 3:</u> 2 weeks	<u>Length on phase:</u> One year+ 100% free for as long you need the accountability and support to help keep the weight off

Scroll down for more info ↓

Client 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.

A funeral cost a lot more!

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!