

## *Principles*

### BEHIND THE IDEAL PROTEIN WEIGHT LOSS METHOD

The body has three sources of energy from which it draws to meet its metabolic needs: Carbohydrates, Muscle, and Fat.

Chronologically, the body will first draw on its carbohydrate reserve before turning to muscle and fat.

During the weight loss phases of the protocol, we limit carbohydrate intake to encourage the body to turn to its fat and muscle components for energy.

By eating high biological protein foods, the protocol helps to support muscle mass and teaches dieters how to develop smarter eating habits and lifestyle choices so they can maintain a stable weight after weight loss is achieved.

THE IDEAL PROTEIN  
WEIGHT LOSS METHOD IS NOT  
A HIGH-PROTEIN DIET...  
IT SIMPLY OFFERS A VARIETY OF GOOD,  
QUALITY, PROTEIN-BASED FOODS  
THAT ARE EASILY ASSIMILATED.

## *More More*

### THAN WEIGHT LOSS

Our medically designed protocol was developed in Europe over 25 years ago.

Many of the following issues have been associated with obesity. Losing weight may help with the following conditions:

- Health Risks of Obesity\***
    - Hypertension
    - High Blood Pressure
    - Type 2 Diabetes
    - Stroke
    - Gallbladder Disease
    - Osteoarthritis
    - Sleep Apnea
    - (or other breathing problems)
  - Mental Health Problems (such as low self-esteem and/or depression)
- \*Health Risks of Obesity  
\*Excerpt from an article produced in collaboration with the Public Health Agency of Canada  
([www.hc-sc.gc.ca/nh/vb/vb-wie/wie-obes-eng.php](http://www.hc-sc.gc.ca/nh/vb/vb-wie/wie-obes-eng.php))

\*\* You should consult your physician or other health care professional before starting this or any other diet program to determine if it is right for your needs.

## 4 PHASES

**1** To be followed until 100% of your weight loss goal is achieved.

- 3 Ideal Protein packets per day  
+ Vegetables  
+ Unlimited lettuce  
+ Dinner meal of your choice\*

### BREAKFAST

Ideal Protein Fine Herbs and Cheese Omelet

### LUNCH

Ideal Protein Tomato and Basil Soup with Vegetables & Lettuce

### DINNER

Chicken Breast with Vegetables & Lettuce

### DAILY SNACK

Ideal Protein Dill Pickle Zippers (example only)

**2** To be followed for 2 weeks.

- 2 Ideal Protein packets per day  
+ Vegetables  
+ Unlimited lettuce  
+ Lunch meal of your choice\*  
+ Dinner meal of your choice\*

**3** Is a 14-day gradual reintroduction of healthy carbohydrates and fats in the morning only.  
Your Lunch and Dinner meals remain the same

CONGRATULATIONS!  
YOU'VE ACHIEVED YOUR WEIGHT LOSS GOAL!

**4**

**FREEDOM!**  
Phase 4 is a maintenance plan based on a few simple principles.

TIME TO ENJOY THE FREEDOM THAT YOU HAVE  
WHILE MAINTAINING YOUR NEW SHAPE!

*You*  
**CAN DO IT!**

\* According to the Ideal Protein Protocol



*The*  
CENTERPIECE OF OUR PROTOCOL  
– AN INCOMPARABLE VARIETY  
OF OVER 60 GOURMET FOODS!

During the Protocol, you will have the choice to eat from a variety of Ideal Protein Foods that are easy to prepare and available in a variety of textures, tastes, and flavors. Whether you prefer salty, sweet, sour, savory, crunchy, smooth, hot or cold, there is a choice that will satisfy everyone.

*One-on-One*  
SERVICE

- Exclusively available from Ideal Protein approved Health Care Professionals and trained Coaches.
- Dedicated Coaches provide weekly support sessions and ongoing education.
- Weekly personalized weight and measurement progress analysis.

THE  
*Ideal Protein*  
WEIGHT LOSS  
METHOD

With the Ideal Protein  
Weight Loss Method,  
you will not only see results,  
but also be provided with  
valuable educational  
nutrition knowledge to help  
you sustain your results on  
a long-term basis.

Book your appointment today  
to meet with an Ideal Protein  
Weight Loss Coach and  
*BEGIN YOUR Journey!*



**Ideal Weight Loss of  
Métairie**

3848 Veterans Blvd., Ste 101  
504-888-8484



60 JEAN-PIERRE STREET GATINEAU QC J8Z1W1  
TEL.: 819.772.4447  
TOLL-FREE: 1.866.314.4447  
FAX: 819.772.0416

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*Ideal Protein...*  
**YOU DESERVE IT!**



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