



Healthy Holidays

on the Ideal Protein Protocol

Make a Plan with Your Coach

Step 1: What's your goal?

Desire to continue to lose weight?

Desire to maintain and not gain weight?

Step 2: Pick one.

A. Phase 1...100% compliant

B. Limited deviations. Discuss details with your coach.

C. Maintain weight

Rapid Phase-Off

Plan for Tune Up in 2024

If alcohol will be involved, 'C' MUST be selected.

Step 3: Work together for a successful outcome.