



# 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**

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

**Step 3:** Work together for a successful outcome.