



Cost Breakdown

The Ideal Protein Protocol requires you to purchase and eat a certain amount of Ideal Protein food products and supplements. Together, these will optimize your metabolism to burn fat and keep you feeling full. The weekly Ideal Protein food cost will replace a part of your normal food budget so many clients find that their grocery costs remain neutral.

Initial Consultation - \$275	Approximate Weekly Cost - \$120
<p>Includes:</p> <ul style="list-style-type: none">● Meeting with our Weight Loss Coach to Discuss the Program● First Week of Food● First Month of Supplements● Ideal Protein Welcome Bag● InBody Scale Analysis	<p>Includes:</p> <ul style="list-style-type: none">● Required Ideal Protein Meals, Snacks, and Supplements● Weekly Check-In with your Coach● InBody Scale Analysis● Email and Text Support● Access to Protocol-Approved Resources and Recipes

Have more questions about the cost breakdown? Contact our Weight Loss Coach by phone at 386-754-5377, Ext. 132 or by email at Carrie@cheekandscott.com to learn more.