



## Frequently Asked Questions

### Is this a GLP-1 Weight Loss Program?

Ideal Protein is not a GLP-1 program. However, Ideal Protein does offer a Flex Protocol specially designed to support GLP-1 patients. If you are currently taking weight loss medications, Ideal Protein's Flex Protocol is the perfect complement to make the most of your weight loss journey and promote long-term success.

If you are looking for local, affordable GLP-1 weight loss, Cornerstone Care Clinic offers a comprehensive weight loss program that includes GLP-1 medications and special discounts on our Ideal Protein Flex Protocol. Click [here](#) to learn more about Cornerstone Care Clinic.

### How Much Does it Cost?

There is an initial consultation fee and an approximated weekly cost associated with Ideal Protein. Click [here](#) to see what is included in our Cost Breakdown.

### What Can I Expect Weekly?

Each week, you will meet with your Weight Loss Coach for 15-30 minutes. Together, you will discuss your food journal from the past week, plan for the upcoming week, weigh-in and analyze your InBody Scale results, and receive targeted encouragement and advice for your weight loss journey. Our clients find that their weekly meeting is a great accountability factor, a chance to ask questions and to purchase their next week's worth of Ideal Protein foods.

### How Do I Get Started?

To start Ideal Protein, we ask that you fill out a brief form to provide your contact information and let us know that you're interested in the program. You'll get an automatic email with more information, and our Weight Loss Coach will reach out soon to guide you through the next steps.

Click [here](#) to fill out your brief interest form now!

**Don't see an answer to your question? Contact our Weight Loss Coach by phone at 386-754-5377, Ext. 132 or by email at [Carrie@cheekandscott.com](mailto:Carrie@cheekandscott.com) to learn more.**