



Client Spotlight Success

September
2011



I have lost 16.5 lbs in the month of July. The Ideal Protein is good, the program is easy to follow. It is very black and white, with no gray areas. No exercise is required which fits into my busy life. I don't want to cheat!

I am so glad to be able to fit into my clothes again. I feel much more comfortable and I have more energy. I am so pleased with the program.

Lauren G.

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