



## ITG Diet is a Cost Effective Weight Loss Plan

Average cost per meal is \$3.15 – \$3.60 per meal which is under \$12 per day for the Food. If you would have had a salad at a restaurant for example a restaurant like Applebee's, you would spend about \$15 with your salad, beverage and tip. So you will find yourself actually saving money on the plan!

On Step 1 you will have a minimum 3 packets of the ITG protein foods per day.

The following supplements are mandatory on the plan which run about \$60 a month. We have an easy to use Monthly Power Pack with your AM and PM Supplements conveniently in an easy to use bubble pack:

- ✚ ITG Multi-vitamin
- ✚ ITG Calcium/Magnesium
- ✚ ITG Omega

What you receive from the ITG Diet Online Plan:

- ✚ Review of your Health Intake Form
- ✚ An explanation of the plan
- ✚ Goal setting
- ✚ Your personal confidential username and password
- ✚ Access to our Members Only documents and information
- ✚ Weekly review of your Online Check-ins
- ✚ Weekly analysis of your weekly food diary
- ✚ Weekly coaching and support
- ✚ Guidance through each step of the plan
- ✚ A positive attitude to succeed!

On this plan you will be taking out some foods from your diet that is why the supplements are mandatory when on the plan. The only other foods that you will be purchasing in addition to the ITG foods are veggies, green leafy salads and meats, fish or seafood. You can eat out on this plan; however you will need to make good choices. Thus you will save money at the grocery store each month. You will receive all of the guidelines on the foods from your coach. For example we take out the starches on this plan which are your breads, rice, potatoes etc. And alcohol... Oh yes, I love my wine too. To lose wt. we have to give up some things... But this is temporary. There is light at the end of the tunnel

Good luck to you all!

Your coaches, Maria, Tina, Joey & Joe