

Albany County Chiropractic Center
Ideal Protein Program

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Guideline for Estimating Program Costs

Phase 1:

Initial Startup Cost (Week 1)

Starter Kit	\$200.00
Contains a one week supply of variety packs of Ideal Protein food, sea salt, grocery bag, shaker cup, new dieter Folder, required supplements.	
Initial Consultation	\$50.00
Compliance Bonus: 1 ½ hour free massage or 3 boxes of I.P. food	\$84.00 (value)
Compliance bonus will be awarded upon completion of the Ideal Protein phase off protocol. Missed appointments without notification will result in reduction of compliance bonus. <i>(We realize life happens, please just call to cancel or change your appointment!)</i>	
Total Cost:	\$250.00

Weekly Costs (Week 2 until goal is reached)

To estimate the number of weeks needed to reach your goal, divide the number of pounds you want to lose by the average weight lost per week by Ideal Protein Dieters.

Women: Average 1 to 2 lbs. per week

Men: Average 5 lbs. per week

Food: 3 Ideal Protein Food boxes per week. **\$84.00**

Required Nutritional Supplements: **\$18.25**

Consultations: Weekly consultations and weigh-ins (as directed by the I.P. Coach) **\$10.00**

Phase 2 thru 4

Food	\$168.00
A.) Phase 2 begins after you have reached 100% of your weight loss goal. (Two IP foods per day for 2 weeks.)	
B.) Phase 3 (One I.P. food per day for 2 weeks.)	
Required Nutritional Supplements	\$168.00
Total	\$281.00

Maintenance Weigh-Ins (Phase 4) as often as desired to help maintain weight loss **\$5.00**

NOTE: It is mandatory to phase off the diet regardless of whether a dieter has reached their goal or simply needs to terminate the program for whatever reason.