



## **Ideal Protein Weight Loss Method FAQ'S - *Protocol***

### **1. How is the Ideal Protein Weight Loss Method different from other protein diets on the market?**

- The Ideal Protein weight loss method treats weight issues at its source. By the time you reach your weight loss goal, you will have transformed your body's ability to metabolize sugar by reeducating your pancreas to produce only the right amount of insulin needed.
- The Ideal Diet aims at reducing carbohydrates and fats, not protein. In doing so, it preserves muscle tissue and protects vital organs to secure their proper function. In other words, you will lose fat, not muscle.
- The Ideal Protein weight loss method features up to a whopping 20 grams of protein per portion, twice as much as most of the competition.
- The Ideal Protein Weight loss method features a high biological protein, complete with eight (8) essential amino acids, that recreates 100% of the biological value of a complete protein for maximum assimilation and absorption.
- The Ideal Protein Weight loss method is less toxic than other protein diets because it features less saturated fats, no trans fats, no aspartame, no Monosodium Glutamate (MSG) and no Genetically-Modified Organisms (GMOs).

### **2. Is the Ideal Protein Weight Loss Method safe?**

Our protocol is safe for everyone, except those with dysfunctional liver or kidneys. Type I diabetics should only do the Alternative protocol and women who are pregnant or breastfeeding should only use the Ideal Protein's protein foods to supplement their diet.

### **3. What is the difference between the Ideal Protein Weight Loss Method and the Alternative Plan?**

Both protocols have 4 phases:

- Phase 1: 100% Success
- Phase 2: Maximum 2 weeks
- Phase 3: Maintenance
- Phase 4: Stabilization

# Ideal Protein Weight Loss Method Faq S Protocol

**JG Myers**



## **Ideal Protein Weight Loss Method Faq S Protocol:**

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