

Ideal To Go!

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RE: WELCOME TO THE IDEAL PROTEIN WEIGHT LOSS PROGRAM

Congratulations, on your decision to take the first step to improve your health and the quality of your life. Welcome to the Ideal Diet at Ideal To Go!

This treatment has a beginning and an end with its four-stage process. We know it is not easy but if you stick to it you will be very pleased with your results! We are confident you will be successful.

You should have received some hints on mixing the foods along with some recipes to add some variety to your meals in your dieter's folder. You can get very creative and mix products such as the vanilla pudding and cappuccino or orange mango. So get creative and then share with others!

As Ideal recommends, anyone with a medical condition or taking prescription medications should check with their healthcare professional before changing their supplementation or eating plans. Ultimately, we believe, each of us is responsible for our own health. Our program provides you with the tools to reach your weight loss goal!

Ideal To Go Team Members,

Amy Love, Maria Pace and Julie Ray

