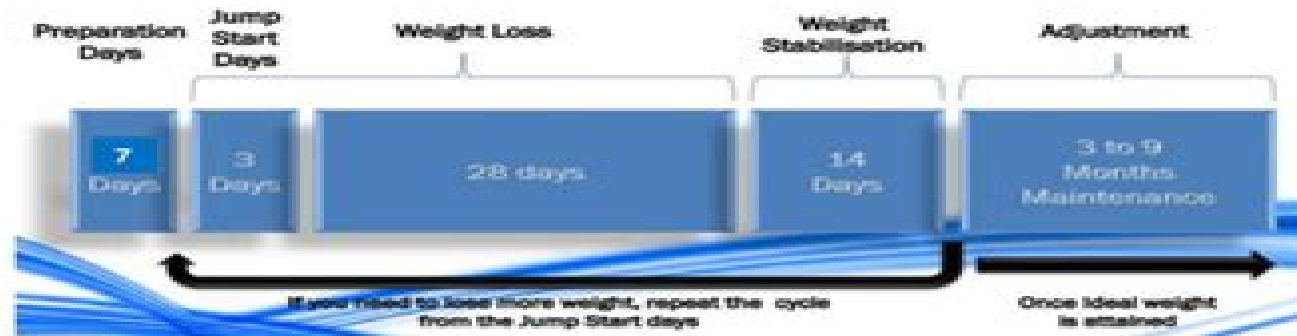


PROGRAM OVERVIEW

The HealthPointe program consists of 5 phases as outlined below.



1.Preparation Days (7 Days) – Get ready for weight loss

This is the time you adjust your mind to the program and the prospect of losing weight. You eat whatever you want – without overdoing it ie be sure to have 3 meals per day – and get started on the supplementation. Also invest time in listening to audios recommended by your coach to give you a better understanding of the path ahead, assist in motivation and place your mind in a positive frame of mind ready for the program and weight loss.

2.Jump Start Plan (3 Days)

This is the period where your body learns to burn fat instead of carbs. All meals and snacks are protein and should only be one serve of protein for ALL meals and snacks.

3.Weight Loss Plan (28 Days)

This is the main weight loss phase of the program. During these 4 weeks be sure to follow the meal plans and record your progress in your Journal. Aim for up to 65 carbs per day and enjoy 3 balanced meals and protein snacking every 60-90 mins.

4.Weight Stabilisation Plan (14 Days)

Key phase of the program to stabilize your body at its new weight. After this phase, you can repeat the Jump Start, Weight Loss and Weight Stabilisation days, until you have reached your goal weight and are ready to move onto maintenance.

It's about eating real food and snacking...eating every 60mins to 90mins



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JE Gale



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Unveiling the Magic of Words: A Review of "**Weight Loss Plan Ai Overview Last 90 Days**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Weight Loss Plan Ai Overview Last 90 Days**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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