

# iPLAN

## Meal Planning Program



### Finally a Meal Plan to fit your needs!

After months of careful planning and clinical research, our Clinicians and cooking team at the Well Of Life Center have put together a comprehensive, customized meal program that tailors to your individual nutritional needs. The program consists of two weeks of clinician-approved meal plans complete with recipes, food substitutions and delicious alternatives to expand your meal options. The iPLAN is a perfect compliment for anyone taking focused nutrition as well as anyone looking to improve their health through optimal food choices.

### What you can expect...

The iPLAN meal planning program is designed to suit your own personal nutritional needs. Whether you are looking to correct personal nutrient imbalances or just looking for quick, healthy recipes to share with your family, the iPLAN Meal Planning Program is sure to exceed your expectations.

- You will receive a two week schedule of Clinician-approved recipes including selections for breakfast, lunch and dinner as well as additional suggestions for substitutions and alternatives that will help you use this mealplan for 2-3 months.
- You will receive an intro and a follow up meeting with your overseeing Clinician to discuss program meals, nutritional focuses and meal plan success tips.
- You can also expect to notice an increase in energy, increase in vitality and receive the maximum benefits from your total nutritional protocol.

Your entire  
meal plan for just  
**\$200**

### Being healthy never tasted so good!

Who said eating healthy has to sacrifice the flavor? At the Well Of Life Center we have innovated, tasted, tested and perfected the most flavorful, nutrient rich meals to build your body and satisfy your taste buds. All recipes are written to utilize fresh ingredients and are complimented with just the right spices to appeal to even the most finicky eater. Try it today and treat yourself to a delicious, healthy meal plan capable to spice up any creative kitchen.

### The Next Step...

If you are interested in participating in the iPLAN Meal Planning Program at the Well Of Life Center or you would like to receive more information regarding the meal plan, please speak with one of our Clinicians or Client Advocates. They can get you our iPLAN Questionnaire, which will give us some information about your nutritional needs and preferences so that we can design your mealplan especially for your life. You can expect your iPLAN within two to three weeks after we receive your completed questionnaire.

