

Ideal Protein Cost Breakdown

Initial labs: insurance will be billed

Lipid panel

Vitamin D

General Health Panel (CMP, CBC, TSH)

Initial Physician Consult: insurance will be billed

RN consultation fee: \$125

Covers the cost of the nurse only visits thru out the duration of the program

Body Composition Analysis: Analysis of body fat vs water/ muscle mass

Cost being determined

Protein packets:

Initial starter pack week 1- 28 packets, vitamins, shaker etc- approx. \$ 231.00

21 packets weekly while in phase 1- approx. \$89.00

14 packets weekly while in phase 2- approx. \$58.00

7 packets weekly while in phase 3- approx. \$29.00

Grocery cost while on phase 1- approx. \$25.00-\$60.00

This depends on meat and vegetable prices and can be more or less depending on your tastes, sales, etc. This is information collected from participants who have been on the program in the last 2 months.