



Today's Date ___ / ___ / ____

Start Date ___ / ___ / ____

PERSONAL INFORMATION

First Name _____ Last Name _____

Address _____

Email Address _____ Best way to reach you _____

Phone Number _____ Work Number _____ Cell _____

Birthdate _____

FOOD PREFERENCES

Please specify if you have a meal type preference:

Paleo Whole Food Plant Based (WFPB) Vegetarian Vegan Whole 30

Ideal Protein Heart Health Diabetic Keto Detox Juice Cleanse Other _____

Please circle any of the following that you DO NOT like & HIGHLIGHT any that you are allergic to?

Chicken Turkey Tofu Beef Pork Eggs Shrimp Salmon

Almonds Cashews Beans Tomatoes Mushrooms Chocolate Strawberries Coconut

Hummus Jalapeno Cucumbers Onions Spicy Foods Celery Carrots Other _____

Preferred Meal Size: Regular (3-4 oz protein) Large (7-8 oz protein)

Daily Caloric Goals: ___ 1250-1500 (Weight Loss)
 ___ 1500- 1800 (Maintenance)
 ___ 1800-2500 (Weight Gain)

MEAL PLANS

3 Day Kick Starter Program

Includes:

- 3 Breakfasts
- 3 Lunches
- 3 Dinners
- 9 Snacks

5 Day Work Week Program

Includes:

- 5 Breakfasts
- 5 Lunches
- 5 Dinners
- 15 Snacks

21 Day Program

Includes:

- 21 Breakfasts
- 21 Lunches
- 21 Dinners
- 42 Snacks

Clean Eating Cleanse

Includes:

- Good Morning Drink
- Strength Juice
- Kale Salad
- The Moderator Juice
- Defense Juice
- Detox Salad
- Spiced Cashew Drink

Regenerate Juice Cleanse

Includes:

- Good Morning Drink
- The Gree...n Juice
- The Moderator Juice
- The Cure Juice
- Strength Juice
- Spiced Cashew Drink

Energizer Juice Cleanse

Includes:

- Good Morning Drink
- The Cure Juice
- Defense Juice
- Moderator Juice
- Strength Juice
- Spiced Cashew Drink