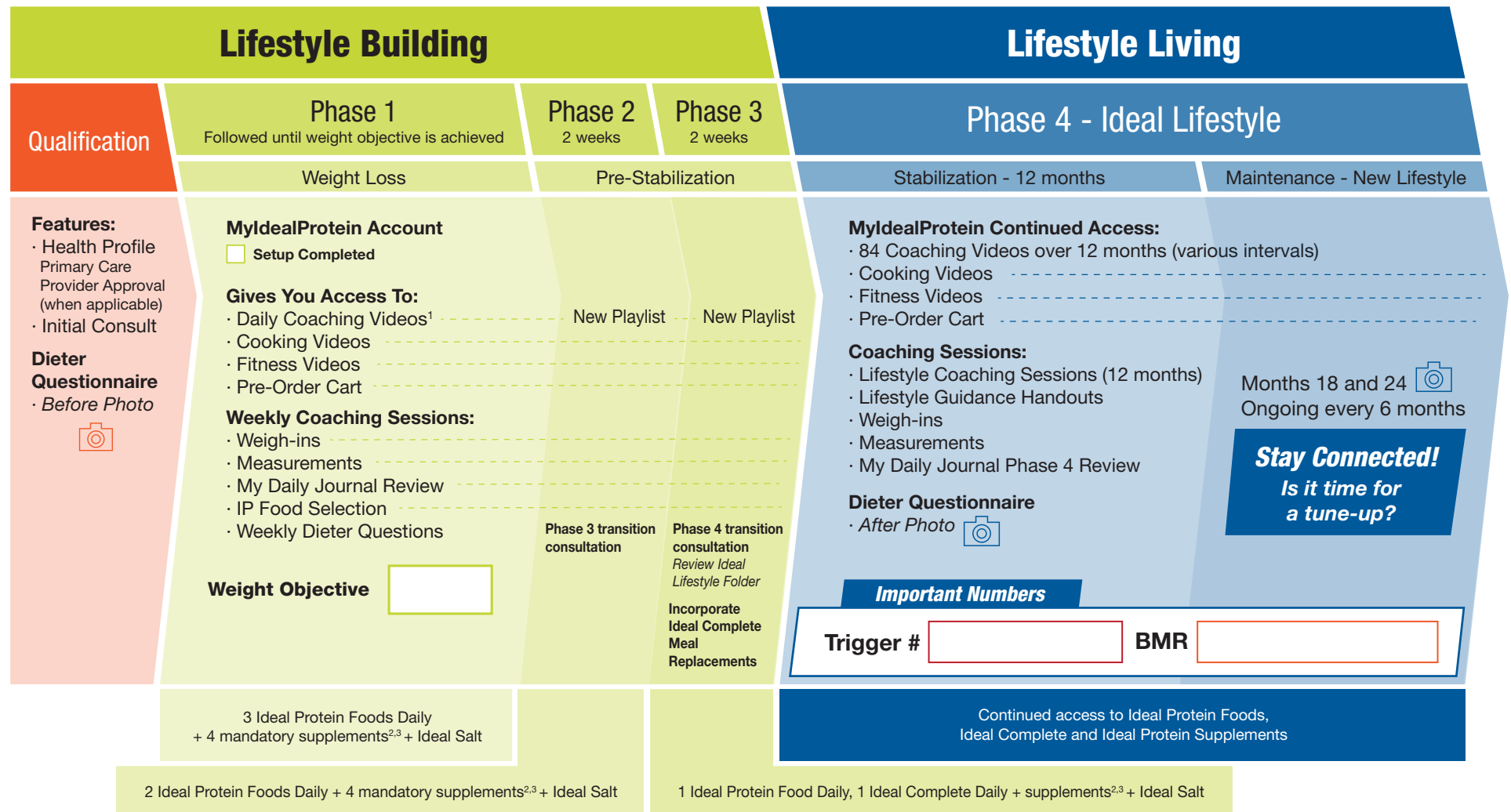


# The Ideal Protein Protocol



**Why?** (What's your motivation for personal transformation?) \_\_\_\_\_



<sup>1</sup>Clinic must manually change video playlist to Phase 2 once Phase 1 has been completed.

<sup>2</sup>Additional supplements may be required.

<sup>3</sup>Speak to your clinic about BCAA's.