

## Ideal Protein Cost

<u>Required Supplements</u>		<u>Recommended/Others</u>	
Cal-Mag 30 day supply	\$24.00	Anti-Oxy 30 day supply	\$27.00
Multi-Vitamin 30 day supply	\$21.00	Digestive Enzymes 20-30 day supply	\$17.00
Potassium 60 day supply	\$13.00	Flora Health Probiotic 30 day supply	\$18.00
Omega 3-Plus 30 day supply	\$30.00	Branched Chain Amino Acid (14pkts)	\$21.00
Ideal Salt	\$6.00	Senna Laxative	\$7.00
Redmond's Sea Salt	\$5.00	Aloe Vera Gels	\$14.00

### Ideal Protein Products (7 per package unless otherwise noted)

Most Ideal Protein Boxes	\$30.00	Single	\$4.50
Pre-made Vanilla, Chocolate and Cappuccino (6pk)	\$31.50	Single	\$5.25
Pre-made Strawberry Banana (6pk)	\$31.50	Single	\$5.25
Mango or Vanilla Yogurt Almond Pre-made (8pk)	\$38.00	Single	\$4.75
Strawberry, Lemon, Orange or Triple Chocolate Wafer	\$31.50	Single	\$4.50
Pre-made puddings; Chocolate, Vanilla or Caramel (6pk)	\$31.50	Single	\$5.25

Estimated Weekly Cost for Foods for Phase 1-3    3 boxes    \$90.00    4 boxes \$120.00

This covers the cost of your breakfast, lunch and snack

### Miscellaneous IP Compliant Products

Walden Farms	\$6.00	Phase 4 Journal	\$1.00
Jalapeno, Hickory, Smokey Bacon and Zest Lemon flavored Grapeseed Oil (8FL oz.)			\$16.00
Roasted Garlic, Basil Pesto, Natural and Butter flavored Grapeseed oil (12.7FL oz.)			\$17.00
Natural or Roasted Garlic flavored Grapeseed Oil (64 FL oz.)			\$66.00

Wildtree Seasoning: The cost will vary depending on which seasoning you choose