

Inches Away Diet Sense

Our Losers Walk Away Happy! Call 877-240-9789

Start losing weight today!



Welcome to Inches Away Diet Sense LOSE WEIGHT – STABILIZE AND LEARN TO EAT RIGHT FOR LIFE

Burn over 1,000 calories of stored fat DAILY!

Do you want to lose weight on a structured program using real store food and delicious snack products that help dieters burn over 1,000 calories of stored fat each day?

Our gold-standard program allows dieters to lose an average of 2-3 pounds per week. Our main plan uses foods low in the Glycemic Index - foods that keep you fuller longer.

On all of our low-calorie, doctor-approved plans, dieters are instructed to consume 3-6 of our quality protein snack products each day. Dieters eat real food - 800 calories of real food if they have 50 or less pounds to lose; 1000 calories of real food for women who have 50 or more pounds to lose. Men are allowed more real food and lose an average of 3 pounds per week.

Inches Away Diet Sense has plans for Type 2 Diabetics, Vegetarians and Non-Nursing Mothers. We ask that dieters fill out the health history form online at the time of first purchase of products.

Health experts agree that the best approach to successful weight loss and weight management is one that promotes permanent changes in one's diet and exercise. We offer guides to long-term weight management through email each week for all online clients.

After dieters reach their weight loss goal, we then stabilize the dieter over a six-week period. This is crucial for those who do not want to go back to unhealthy eating.

The basic plan is characterized as 25% protein, 55% carbohydrates

FAQ'S

Q. Why does your program require mandatory supplements?

A. **THEY WORK!** Dieters lose more weight faster, get all the nutrition they need and are much more satisfied.

Q. Why these protein supplements?

A. They are nutritionally designed for weight loss, formulated and manufactured by a company with more than 30 years of experience. Our products cannot be purchased retail and we **QUARANTEE** the nutritional integrity, quality of ingredients, and

and 20% fat.

Basic Diet Plan

Real food on the basic plan is on one piece of paper with choices of 1 milk, 2 fruits, 3 starches, 3-4 vegetables, 6 oz. of protein and 8 - 8 oz glasses of water. Plus 3-6 protein snacks are consumed in between meals per day.

Orders can be placed at www.inchesawaydietsense.com or by calling toll free 1-877-240-9789.

freshness

Q. Why can't I just eat grocery store food?

A. How has that worked for you in the past? Have you ever "tried" to cut down, etc. to lose weight? These products are tools to assist you in weight loss.

When you reach your weight loss goal we will discuss a plan to incorporate the right grocery foods back into your diet for weight maintenance.

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Over 14 years experience!