

# Eating Plan Options



FRESH STEPS FULL PLAN	FRESH STEPS PARTIAL PLAN	BALANCED STEPS GROCERY PLAN
Use of 4 meal starters and convenience packs + 1 snack	Use of 2 meal starters and fresh ingredients + 1 snack + 1 full grocery meal	Full grocery food plan
Ketogenic for added hunger control	Ketogenic for added hunger control	Slower weight loss
Rapid weight loss	Empowering eating philosophy that simplifies meal prep for optimal results	Requires meal timing and nutrition balance for hunger control.
Ultimate convenience and variety to prevent boredom	Convenient	Least convenient
<b>Food cost per day \$15.00</b>	<b>Food cost per day \$12.00 - \$15.00</b>	<b>Food cost per day \$22.00-\$24.00</b>

## “ Mary’s Success Story

Twelve weeks ago, I started a journey with Fresh Steps and it has been one of my best success stories. Life often gets in the way for many of us to stay focused and healthy and it can result in a challenge too big to overcome. One day three months ago, I felt the overwhelming burden of fighting this fight. I began a program with Fresh Steps!

I began a path of an organized, balanced, high protein, low carbohydrate meal program and followed a detailed technology-based support system that has led me to a knowledge and confidence to finally conquer life’s obstacles. I regained my energy, I learned how to control my weight, and I was awarded a lifetime plan of healthy living. With proper food choices, following a well-organized, daily meal program, paired with health and fitness apps for daily accountability, and daily and weekly weight check ins, I was guided by many support persons including Nutritionist, Pharmacist and Technology. The combination of all of the above has given me a new direction and determination to complete my goal. 41 pounds in twelve weeks is my motivation to follow Fresh Steps to the finish line and refocus on health and nutrition for continued success and sustainability.

