



Course of Treatment and Weight Loss Aids

Nutritional Plan

Your individually-designed dietary plan of carefully planned foods consisting of proteins, fruits, vegetables, starches, and fats will help you meet your weight loss goal. Your Nutritional Plan Guide and educational materials for improved eating habits and behavior modification are essential to your weight loss success.

Weight Loss Phase

Your plan starts with the weight loss phase with 3 to 6 visits per week. Your program and center visits include: one-to-one nutritional counseling where Quick Weight Loss Centers Counselors will measure and chart your weight, blood pressure, body measurements, review your food journal, and make individual program modifications as required while providing guidance, support, and encouragement for your success.

Stabilization Phase

At least two visits weekly including all weight loss phase services, plus the gradual reintroduction of restricted food varieties/quantities with a controlled increase in caloric intake and a determination of caloric requirements for weight maintenance based on your activity level and other factors.

Maintenance Phase

Two to four visits monthly to monitor your weight loss on an on-going basis. Any visits as required whenever home monitoring shows a 3-5 pound regain. Free re-treatment privilege during this phase to help keep you at your goal weight.

Q-Line Weight Loss Aids

Q-Line products are specifically formulated to work synergistically and to complement the Quick Weight Loss system. The exclusively-formulated, proprietary Q-Line consists of appetite suppressants, in addition to essential fatty acids, starch and sugar blockers, energy boosting drinks, vitamins, and more.

Q-Snacks

Three Q-Snacks (Protein Supplements) per day are required throughout the weight loss and stabilization periods, providing up to 45 grams of easily digested vegetable protein for faster and more consistent weight loss with fewer plateaus. Q-Snacks come in the form of delicious dessert bars, a variety of hot and cold beverages, puddings, and soups, and will aid in the preparation of food recipes while adding variety to your food plan. Q-Snacks also work to decrease hunger, reduce cravings, stimulate your metabolism, and help you to stay on your food plan. Products obtained from outside sources are not approved for use in the program and will void the written guarantee.

Platinum Membership

A Platinum Upgrade to your program is available. In addition to exclusive product discounts, this upgrade guarantees unlimited free weight loss if, after you reach your goal weight, you should gain any weight back for any reason. It's your weight loss insurance policy. In addition, Platinum Members receive the best pricing on all products and services. There are no annual dues; one weigh-in per year re-activates your membership.

This Nutritional Plan has been prepared with the utmost care and research. We are constantly doing research and updating our program. However, as individuals vary so do certain specifics of the program. Your Quick Weight Loss Centers Counselor will be working with you on an individual basis and will make all necessary changes to your program as required for your personal success.