

A Fresh Way to Lose Weight

Did you know that a weight loss of as little as 5-10% can greatly improve your overall health and decrease your risk of other illnesses such as Type 2 diabetes, heart disease, and certain cancers¹?

The Fresh Steps Difference

In this program, your trusted medical provider and their dedicated staff have been trained to educate, counsel and support you throughout your weight loss journey.

You will have the opportunity to discuss a variety of healthy eating options included in Fresh Steps and set personal goals! Our approach provides you with the right combination of tools including products and support that you need to reach and maintain your goal weight.

Satisfying Meal Plans

1

Full Plan

A meal plan comprised of our Meal Starters and Convenience Packs! This plan typically provides the best weight loss results because we have eliminated the variability of portion sizes. It is also the most convenient plan for those with busy schedules! Your plan will include delicious and convenient smoothies, soups, bars, pasta, crunchy snacks and more!

2

Partial Plan

A combination of Meal Replacements and fresh grocery ingredients provide flexibility and versatility! This plan is ideal for individuals looking to prepare one meal per day in the kitchen! We will provide you with the tools to succeed including a cookbook

3

Food Plan

Perfect for individuals who are looking to prepare all their meals and snacks using only grocery foods and no use of products! This plan can also be used for maintenance after completing the Full or Partial plan!

¹Wing, Rena R et al. "Benefits of modest weight loss in improving cardiovascular risk factors in overweight and obese individuals with type 2 diabetes" Diabetes care vol. 34,7 (2011): 1481-6.



FAQ

Frequently Asked Questions

How Do I Know if this Program is Right for Me?

If you have a BMI >30, the program may be right for you. This program helps you lose initial weight quickly in order to jumpstart your behavior change efforts and immediately reduce other weight related health risks.

What Makes This Program Different?

This program is delivered under the guidance of a medical professional. Additionally, you will access to instructional videos, a cookbook, an online resource library and much more !

How Do I Get Started?

Begin the process by letting one of our providers know you are interested in learning more! From there, you will be able to book your initial appointment!

How Much Does This Program Cost?

In many instances, your visit will be covered by your insurance plan. If you opt for a plan that includes nutritional products, you will cover the cost of those. Keep in mind, these products will replace your typical grocery meals. In many instances, your meal can cost \$3.00 or less!

What Will My Program Consist of?

Your program is personalized to your weight loss journey. With the help of your medical provider, you will decide on the appropriate meal plan as well as weight loss goals. You will also have access to educational material, the mobile app, and numerous recipes.

Fresh Feels Fantastic!

www.freshstepsmeals.com