

# NUTRITIONAL PLAN

## CELIAC SUPPORT KIT

### Meet protein goals

Given that protein is the main building block that makes up the body and that glutamine is a repair molecule of the digestive tract, it's important to meet an adequate daily intake to better digest and absorb nutrients. Our Whey protein, enriched with glutamine, can help you reach your protein goals while improving the digestive function.

Instead of skipping a meal, replace it with a nutritional shake!

### Supplements

Take these early in the morning:

- 1 Essential Nutrition Multi -easy to swallow- tablet
- 1 Whey protein (powder)
- 1 Collagen (powder)

If in doubt, please refer to the suggested use as indicated on each bottle.

### How to prepare your MYProgressMD protein shake

Mix with 2 ice cubes with your choice of water, chilled green tea, or plant-based unsweetened milk alternatives (almond milk, coconut milk, Ripple, hemp milk, etc.) You can also make a nutritional protein by including at least one choice of any of the following:

- 1 teaspoon of MCT (medium-chain triglycerides) oil or coconut oil
- 1 teaspoon of a gluten-free nut butter (peanut, almond, cashew, etc.)
- 1/8 avocado

You may also include:

- 1 tablespoon of your favorite jam or marmalade
- ½ banana or ½ cup of any fruit
- A dash of cinnamon, cocoa, or any other spices
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Have fun and create your own flavor!

## AVOID ALCOHOL

These recommendations are not intended to be a substitute for professional medical advice. Always inform your doctor of the supplements you are taking. Do not use this plan if you are pregnant or nursing. Consult a healthcare professional if you have any pre-existing medical conditions or are taking any prescription medication. Use as directed. Not intended for children. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.