

NUTRITIONAL PLAN

HAIR, NAIL AND SKIN STARTER **KIT**

Meet protein goals

Given that protein is the main building block of elastin, collagen, and keratin (the structural substances that make up hair and skin), it's important to meet an adequate daily intake of this macronutrient. Our Whey protein can help you reach your protein goals.

If you can't have a nutritious meal, don't skip it. Replace it with a nutritional shake!

Supplements

Included in this package.

Take these early in the morning:

- 1 tablet Essential Nutrition Multi -easy to swallow-
- 2 capsules Biotin
- 1 Whey protein (powder)
- 1 Omega-3 once daily
- 1 Bio C Complete
- 1 Collagen (powder) bottle

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 nut butter (peanut, almond, cashew, etc.)
- 1/8 avocado

You may also include:

- 1 tablespoon of your favorite seedless jam or marmalade
- ½ banana or ½ cup of any fruit
- A dash of cinnamon, cocoa, or any other spices

Have fun and create your own flavor!

Drink plenty of liquids. All body systems are impaired with dehydration.

AVOID ALCOHOL.

Increase physical activity and exercise regularly -at least 30 minutes per day.

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.



[MyProgressMD.com](https://www.MyProgressMD.com)