

# S A U T É

**Sauté's 8 Week Weight-Loss Challenge** is a weight-loss program that provides prepared meals and a dedicated coach to help you achieve your goals. Every meal over the course of eight weeks will be prepared and delivered to you, you will have a weekly meeting with your coach, and you will be apart of a tight-knit Facebook community of people doing the Challenge with you.

Most people look to the gym when trying to shed fat, but it is not the most efficient way to lose weight - a proper diet is. We believe greater than 80% of weight-loss efforts should come from diet and 20% from exercise, but recognize the difficulty of grocery shopping, meal-prep, clean-up, and knowing what to eat or avoid.

**The 8 week program is designed with four main themes in mind:**

1. Healthy eating made easy
2. Coaching and support
3. Regular exercise
4. Discipline, discipline, discipline

---

## What's included?

- Prepared meals for **five** or **seven** days of the week
  - If you choose the Five plan, we will provide meal ideas for the weekend
- Weekly group coaching with Dr. Nikole McLellan, RD, ND.
- Before and after assessments including pictures and weigh-ins

## What's the Cost?

The total cost including meals and coaching starts at \$195 for five days per week or \$248 for seven days. This includes meals for five days of the week, three meals per day plus snacks, and a weekly coaching session online.

How does this compare to what I spend now?

The cost of the program is much less than it initially seems. The 8-Week Challenge will cut out liquor, take-out, dining, and groceries. Not to mention, it will save you countless hours that can be spent on higher value tasks.

## Cost Comparison

We encourage you to calculate what you spend per week in the following categories below:

### My Current Budget

\$80 - **Groceries** for seven days, three meals per day

\$40 - **Dining & takeout** for one person per week

\$40 - **Alcohol and bars** for one person per week

**\$160 - Total on groceries, dining, and drinking**

### Sauté Program (7 days per week)

\$225 - **Meals** for seven days of the week, three meals per day plus snacks

\$20 - **Coaching** once a week online

**\$245 - Total**

By cutting out alcohol, dining/take-out, and replacing your grocery budget with Sauté, the true cost of the full program is less than \$100/week!

## **Four Phases**

The challenge consists of four phases, inspired by F45. Each phase has a purpose and some will be more difficult than others - that's where your online community and coach comes in.

### **Phase 1 - Weeks 1-2 - Cleanse**

Phase 1 is designed to reduce carbohydrates from your diet and reduce body-fat quickly.

### **Phase 2 - Weeks 3-4 - Protein**

Phase 2 reintroduces carbs and increases the amount of protein in your diet to build muscle.

### **Phase 3 - Weeks 5-6 - Intermittent Fasting**

Phase 3 introduces intermittent fasting to reduce insulin levels, shed water weight, increase your human growth hormone, and improve your discipline around food.

### **Phase 4 - Weeks 7-8 - Keto**

The final phase, Phase 4, is designed to transfer your energy source from carbohydrates to fat. This phase will truly transform your body.

---

This is the beginning of goal oriented eating at Sauté and we would love for you to join us! If you're interested in signing up or want to learn more, please get in touch at [Hello@trysaute.com](mailto:Hello@trysaute.com).