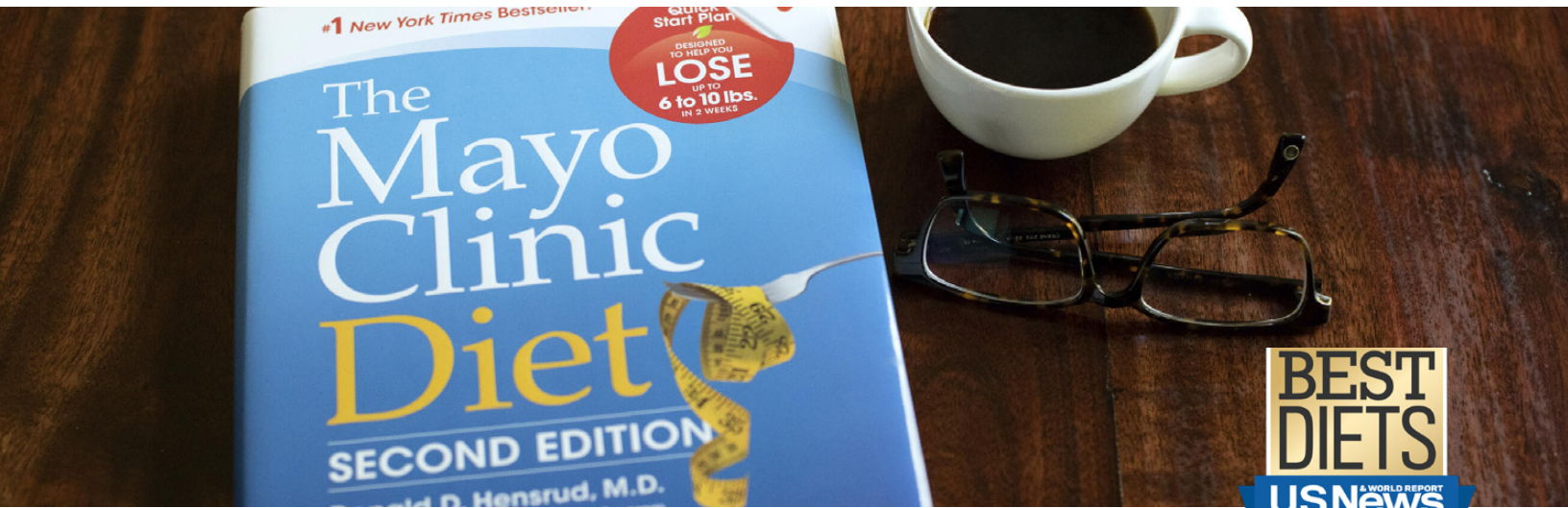




The New Mayo Clinic Diet

Lose weight while finding health



Using unparalleled medical and nutritional expertise, we help our members achieve and maintain a healthy weight.

- Personalized Mayo Clinic-approved meal plans and recipes
- All-new Habit Optimizer to swap unhealthy habits for healthy ones
- Meal plan options that include Healthy Keto, Higher Protein, Vegetarian and Mediterranean
- Reminders and tools to keep you on track
- Access to the all new quick start Lose It! phase where members can lose 6 to 10 lbs in 2 weeks
- Practical at-home workouts – no equipment required
- All-new digital platform that has helped members lose 3x more weight*
- Food tracker with over 1 million foods
- Access to the unparalleled educational content and expertise from Mayo Clinic
- Get Mayo Clinic guidance on topics that include behavior change, nutrition, sleep, stress management, and goal setting.
- Unlimited access to a members Private Facebook Group



SCAN HERE TO TAKE OUR DIET ASSESSMENT

* Members who complete a 12 Week Program lose 3 times more weight than those who start but don't reach the end.

Reference: Hendrie, GA, et al, J Med Internet Res. 2021 Jun; 23(6): e20981