

INOVA MEDICAL WEIGHT LOSS PROGRAM PRICING

12 Week Program Pricing \$999

Includes:

- 20 boxes of meal replacements (7 meals in each box)
- Exercise band
- Food and exercise logs
- Program binder
- Celebrations and rewards at milestones
- 1:1 appointments with Dietitians and Exercise Specialists
- 800, 1000, or 1200 calorie diet based on dietitian recommendations

6 Week Program Pricing \$ 450

Includes:

- 12 boxes of meal replacements
- Program binder
- Biweekly 1:1 appointments with dietitian
- Weekly group exercise
- 1000-1200 calories utilizing meal replacements and food

**** Additional weeks of meal replacements are available for purchase during the 12 week program, labs may be required depending on the calorie range ****