

PrescriptFit Go!

The PrescriptFit Go! program focuses on the fundamentals of PrescriptFit while streamlining the food strategy to make it easier than ever.

1 Eliminate all caloric beverages
(soda, juice, milk, sweet tea).

Use 8+ scoops of PrescriptFit
supplements per day.

3 Choose your speed and **go!**

2

PrescriptFit Supplements
Seafood
Poultry
Vegetables
Eggs
Nuts
Fruit
PrescriptFit Snacks
Pork
Beef
Caloric Beverages
Dairy
Starches

Choose Your Speed

If you choose **FAST**, you eat from **all of the foods** in the green group immediately. Eating from only these food groups will yield the most rapid weight loss and improvement in your health.

If you choose **SLOW**, you eat from the green and yellow food groups immediately. Your progress may slow down slightly when introducing these food groups.

If you dip into the **RED** group, your progress could stop altogether, or you may experience weight gain and/or health conditions and symptoms worsen.

By breaking these foods into three main groups, we show you which foods work the fastest for weight loss and health improvement, which ones should be used with caution, and which foods halt your progress altogether.