



Ideal Protein is a medically designed and professionally supervised weight-loss program. It is a low-carb, pancreas resetting, fat targeting, yet muscle sparing protocol. Clients are coached into ketosis where they burn stored fat as fuel. Women lose an average of 2-3 lbs per week and men lose an average of 3-4 lbs. Dieters follow 4 phases of the protocol which gives them a beginning and an end, and teaches them incrementally everything they need to know to maintain their success.

Ideal Protein Weight Loss Program

- Medically designed and professionally supervised weight-loss program.
- Losing weight can improve blood sugar, cholesterol levels and reduce blood pressure
- Personalized approach to setting weight loss goals, based on your health profile
- Structured weight loss while supporting muscle mass
- An understanding of how food affects and is utilized by the body, including what causes fat storage
- Weekly one-on-one coaching with a Certified Holistic Nutritionist, lifestyle education and guidance

Please call 403-870-6212 or email owcidealprotein@owccare.com for a private consultation.

ABOUT THE IDEAL PROTEIN TEAM...

Kathy Grabetz
Certified Holistic Nutritionist
Registered Nutritionist



I have always been a strong believer that everyone can live a happy, wholesome life. Through education and guidance, I strive to enable my clients to reach their personal goals. I recognize that each person is different and requires individual strategies to achieve success.

Having experienced depression, weight issues and an overall lack of energy, I know what it means to want more from life. With nearly a decade of personal and professional experience, I've come to know that whole foods, good quality supplements and self-care has allowed me to enhance my quality of life.

I graduated from Algonquin College for Culinary Arts as well as from The Canadian School of Natural Nutrition as a Certified Holistic Nutritionist. These tools allow me to present nutrition information in an easily understood manner and will show you that making healthy choices is simple without sacrificing pleasure.

I look forward to growing with you!