

Our program is built on balance, education, and sustainability.

We do not believe in extreme dieting, eliminating food groups, or relying only on packaged foods. We believe in teaching you how to eat in a way that works in real life: at home, at work, while traveling, during busy seasons and during stressful times.

Our program is based on **macro nutrition**, because macros are what drive fat loss, muscle maintenance, energy, and long-term success. When you consistently follow your daily macro parameters, you will make progress. Regardless of whether your meal came from a grocery store, a restaurant, or one of our products.

We are introducing the **hybrid approach**, which means combining real food and convenient products to create a sustainable lifestyle. Some days you will cook full meals. Some days you will need quick options. Learning how to do both is what makes this program realistic and maintainable for life.

Our goal is not perfection.

Our goal is **consistency, balance, and long-term success.**

We are not trying to help you diet for a few weeks.

We are teaching you **how to eat for the rest of your life.**

The Hybrid Macro Method

Follow your daily macro goals while combining real food and convenient products to fit your lifestyle.

Our Nutrition Philosophy

Our program is built on **macros, balance, and sustainability**, not on eating only packaged foods or only “clean” foods. Real life requires convenience sometimes, so we use a **hybrid system** that combines real food and convenient products.

Macros determine progress. Not whether food comes from a box or a grocery store.

Hybrid System Guidelines

1. Products Are Tools, Not The Entire Diet

Products are meant for:

- Busy days
- Travel
- Work days
- When you don't feel like cooking
- When you need help hitting macros
- Quick meals
- Emergency meals so you don't go off plan

They are not meant to replace every meal forever.

2. Recommended Product Use

A good guideline:

1–2 product-based meals per day

The rest Real Food meals

Example day:

- Hybrid Meal (or Power Meal): Product oatmeal + Greek yogurt + berries
- Balanced Bite: Review Balanced Bite list
- Hybrid Meal (or Power Meal)
- Balanced Bite: Review Balanced Bite list
- Hybrid Meal (or Power Meal)

Example Hybrid Real 6 day:

- Mini Meal (packaged or regular)
- Mini Meal (packaged or regular)
- Mini Meal (packaged or regular)
- Mini Meal (packaged or regular)
- Sensible Hybrid Meal (or Sensible Meal)

That is a perfect hybrid day.

3. How To Turn Products Into Balanced Meals

We will be teaching you to add fresh foods to products to create balanced meals.

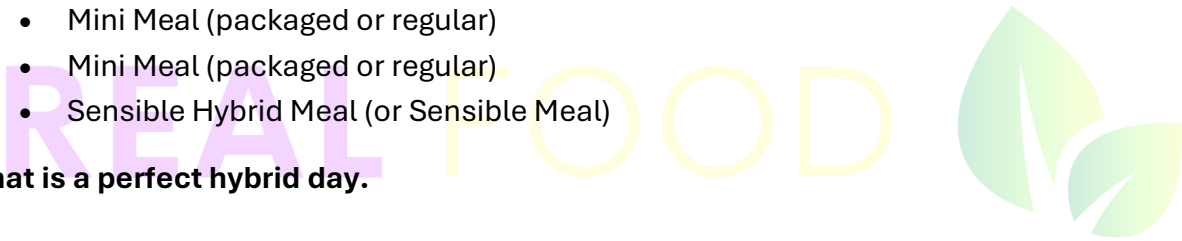
Examples:

<u>Product</u>	<u>Add This</u>	<u>Now It's A Full Meal</u>
Mac & cheese	Grilled chicken + broccoli	Balanced meal
Soup	Shredded chicken + spinach	Balanced meal
Oatmeal	Greek yogurt + berries	Balanced meal
Shake	Fat free milk	Balanced meal

This:

Reduces soy per meal

- Adds nutrients
- Improves digestion
- Keeps you fuller
- Makes meals more balanced



4. Soy Guidelines

For those worried about soy:

Moderation and variety are key.

You will be fine if:

- You are not eating soy at every single meal
- You are combining products with whole foods
- You are eating fruits, vegetables, meats, dairy, grains, etc.
- You are following macro guidelines

The biggest problem would be eating only packaged foods all day every day. That is NOT what we are doing.

5. The Most Important Rule Of The Program

The goal is not perfect food.

The goal is consistent macros. (refer to our Weight Loss with Real Food macro parameters.)

Consistency beats perfection every time.

If you are following your daily macro parameters, you are on track and will be successful in this program.

You do NOT have to use these products to be successful in our program. These products are simply another tool and option for convenience.

We still have multiple program options including:

- Power Plan
- Real 6
- Fat Burn Blitz

All of these plans work. The products are not replacing our program, and they are not required for success. They are just another option for members who:

- Travel
- Work long hours
- Don't like to cook
- Are still learning how to cook
- Need quick meals
- Struggle with planning meals
- Need help hitting macros

If you choose not to use the products, you can absolutely continue:

- Power Plan
- Real 6
- Fat Burn Blitz
- Grocery store foods
- Meal prepping
- Cooking recipes

You can be successful with products, without products, or with a mix of both.

FAQS

- Can I use the Hybrid Method with Weight Loss with Real Food plans?
Yes! The Hybrid method can be used with any Real Food plan, including Real 6.
Simply continue calculating your macros as usual.
Power Plan (Add a packaged product or drink to your meal.)
Real 6 (Use packaged products for mini meals, create a Hybrid/ Sensible meal)
Fat Burn Blitz (Use the shake products)
Beast Mode (Use the shake and low calorie soup products)

For guidance, we offer free Hybrid Sensible Meal recipe cards available on our website, as well as in the Real Food Hybrid Program Facebook group.

- Can I switch between plans?

Yes! You can switch between any of our plans at any time—even day to day. All plans are designed around the same daily macro guidelines, allowing you to stay consistent while adding flexibility.

For example, you might follow the Real 6 plan one day, the Power Plan the next, and use the Hybrid plan on days when you prefer a quicker, more convenient option with less cooking.

- Can I use packaged products only?

Yes! Our philosophy is “You do you.” If packaged products work best for your lifestyle, you can absolutely use them. The key is to stay within your daily macro guidelines to ensure success. That said, we do recommend incorporating some whole, real foods when possible to boost nutrient intake and add variety. For

example, you can enhance a shake by mixing it with almond milk or fat-free Fairlife milk.

- Can I have more than 1 bar a day?

Absolutely. Make sure to work the second bar into your daily parameters.

- Do you have gluten free options?

We do! We have a gluten free category on our website store. Click that to view all of our options!

- Do you have to be in Mentorship to use the product?

You do not. Mentorship members do receive a discount code.

- What is the difference between Numetra and Real Food products?

Numetra products are higher in calories. Perfect for those on the Healthy Me plan (exclusive to Mentorship members). Numetra adds more vitamins to their products perfect for bariatric patients. Real Food products tend to have less calories. Therefore, making it easier to convert to a Hybrid meal.

