

WEIGHT LOSS FOR NURSING MOMS!!

Lose your baby weight the healthy way with MRC's physician approved menu, designed specifically for the needs of mom and baby.



- Safe & effective weight loss for nursing moms
- Nutritionally balanced, extremely healthy foods
- One-on-one support, guidance and encouragement
- Easy-to-follow menu (*ideal for stressed and tired moms*)
- No calorie counting (*ideal for busy moms*)

BROOKE LOST 20 POUNDS IN 5 WEEKS!

“ I gained almost 50 pounds when I was pregnant with my son. When he was 6 weeks old, I started MRC's Meta-Balance® Plus breastfeeding menu in an effort to lose the last 20 pounds. Five weeks later, I had dropped the 20 pounds and was back in my size 6! Because I was eating lean meats, fruits, veggies and drinking lots of water, my milk supply increased and so did my energy level! That really helps with a newborn! – Brooke H. ”

Eating a healthy diet while breastfeeding can help you:

- Boost your energy & vitality
- Improve the quality & quantity of your milk
- Meet the physical demands of caring for a new baby

