

Duration & Structure

The Salus Diet Program is divided into three customized phases:

- **Phase 1 – Flexible Nutrition**

Reset your system, improve digestion and establish a strong nutritional foundation.

- **Phase 2 – Sustainable Eating**

Maintain steady progress while developing long-term, healthy habits you can easily follow.

- **Phase 3 – Goal Achievement**

A focused phase designed to help you reach your target weight and maximize results.

Every phase is adjusted to your metabolism, lifestyle and personal goals, ensuring a safe, effective, and fully individualized journey.

Pricing

- \$149 per month (paid monthly)
- 10% discount when paying 3 months or more in a single payment

What's Included

- Personalized biweekly diet plans with recipes, ingredients and full calorie breakdown
- Biweekly check-ins to review measurements and update your plan
- Progress-tracking chart, updated every 2 weeks with your new data
- Unlimited chat support, allowing you to message anytime—not only during check-ins