**Hyperlipidemia (High Cholesterol) Protocol**

Use the **Standard Calculator** to calculate challenger’s macros.

Please send the following information to your challenger along with their macros:

We recommend avoiding red meats and saturated fats (high-fat dairy products such as cottage cheese and Greek yogurt that are 4% and up, butter, and coconut oil).

We also recommend including more lean protein options such as fish, chicken, ground turkey, and low-fat dairy products (Greek yogurt or cottage cheese that are 2% fat or less).

Additionally, increase your fiber intake by consuming more fruits and veggies from the food list.

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.