



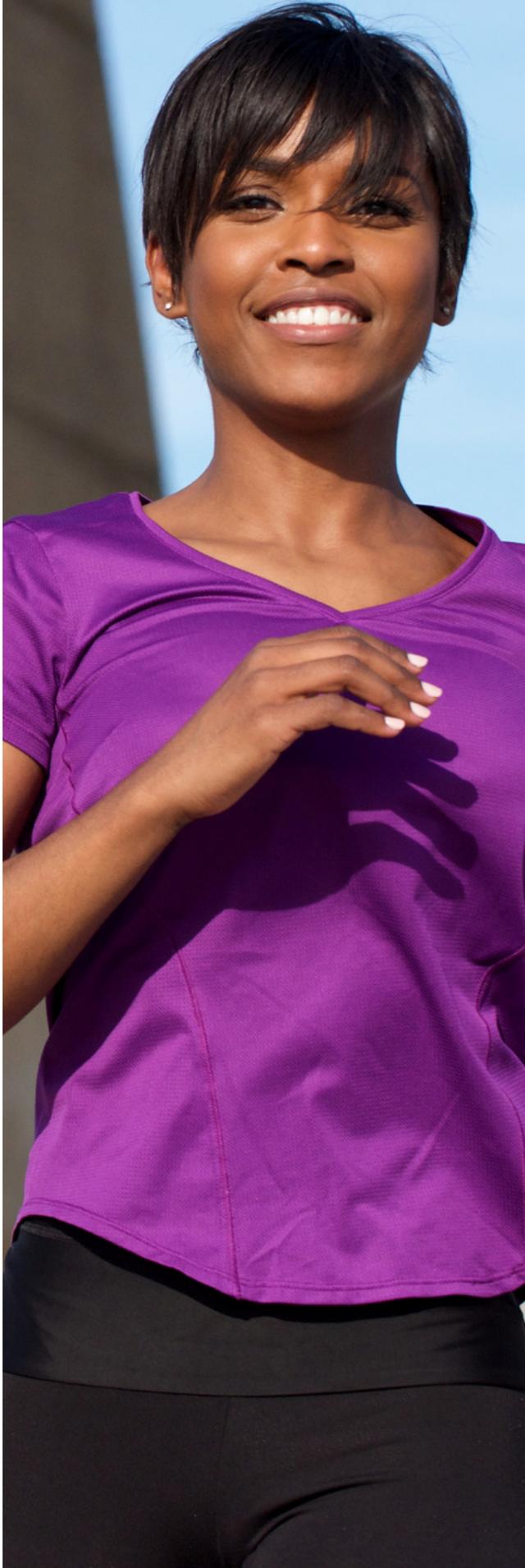
LEAN AND HEALTHY

WEIGHT LOSS

Each day lighter - one meal at a time

From a personalised menu plan, delicious recipes, coaching sessions and inspiring material, we help you find the best path to a lean, healthy you.

Rewrite your story...



WHAT DO YOU WISH FOR?

A HEALTHY, LEAN BODY?

- Weight-loss (a healthy body wants go to the normal range)
- Clear mind (no mental fog - sharp and quick thinking)
- Glowing skin (a healthy inside will show on the outside)Focus and discipline
- Boundless energy
- New healthy habits that lasts
- Pain free (no more headaches, muscle cramps, joint pains, etc)
- A strong immune system
- Calm mood (a body in balance supports better stress management)
- To break free from the forever diet cycle (lean being your new normal)

There is a new chapter waiting.

Rewrite your story!

Rewrite your story _____

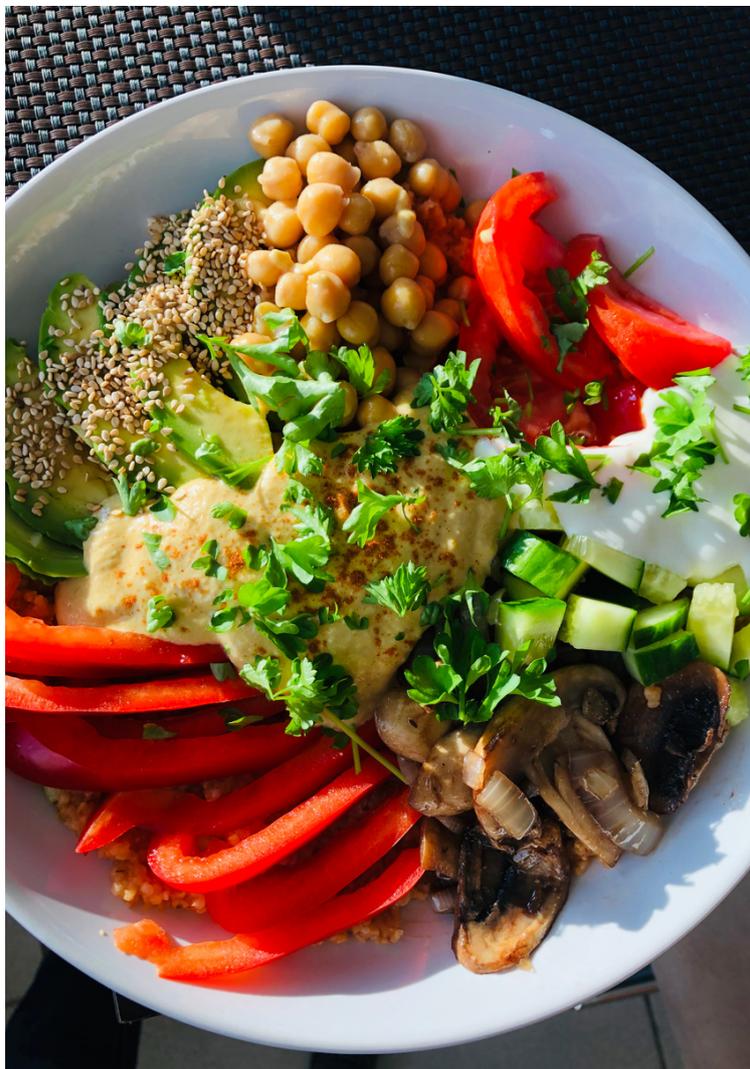




6 WEEK JOURNEY TO A LEAN, HEALTHY BODY

- An initial health and food analysis
- A **personalised meal plan** designed for your food preferences and goals.
- Menu plan adjusted weekly based on your progress and feedback
- Recipe book with 70+ delicious and easy recipes
- Daily nutritional journal to plan and revise meals
- Weekly evaluation and support:
 - Measuring progress
 - Follow up action plans
 - Q&A session
- 6 sessions (1 hour each) focused on optimal nutrition for weight loss, mind-body-gut connection and the power of habits.
- Selected videos and inspirational material that equip you with the necessary knowledge without having to read a pile of books
- System for sustainable success: Strategies to implement lasting healthy habits that will become your new normal.
- Step-by-step personal support to reach your goals.
- Maintenance plan after 6 weeks to keep up the good work.





THE HOW TO OF THE 6-WEEK JOURNEY

- Introduction: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page.
- Session 1: What is optimal nutrition? The nutrient-density scale. All you want to know about juices and smoothies
- Session 2: The impact of acid/alkaline-forming foods on weight loss
- Session 3: The importance of a healthy gut on your weight loss journey. Foods that heal your gut to achieve optimal weight loss.
- Session 4: The link between stress and your weight. Techniques to overcome stress and anxiety. Action plans to manage stress and change proactively.
- Session 5: Your mindset connected to food. Tools and strategies to renew your mind about your body and release the weight forever.
- Session 6: How to replace bad habits with lasting good habits. Systems for success and consistency in future wellbeing. How to improve any recipe to a healthier version.

Rewrite your story



THE BUILDING BLOCKS OF SUCCESS

GOALS

KNOWLEDGE

SYSTEMS AND STRATEGIES

ACCOUNTABILITY

CONSISTENCY

My commitment to your success is to help you achieve your goals using these building blocks.

Your commitment to your success is to decide to work with me.

Together we can rewrite your story...

Rewrite your story _____





COMMITMENT = SUCCESS

www.light2live.com // info@light2live.com

[Register here](#)

Rewrite your story

