



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 to go to the normal range)
- Energy that lasts the whole day
- A clear mind (No more mental fog. Sharp and quick thinking)
- Glowing skin (a healthy inside will show on the outside)
- Pain free (no more headaches, muscle cramps, joint pains, etc)
- A strong immune system
- A calm mood (a healthy body supports a healthy mind)
- Stress management tools
- More focus and discipline
- New healthy habits for life
- To be free from the forever diet cycle (lean being your new normal)

There is a new chapter waiting.

Rewrite your story!

Rewrite your story _____



www.light2live.com

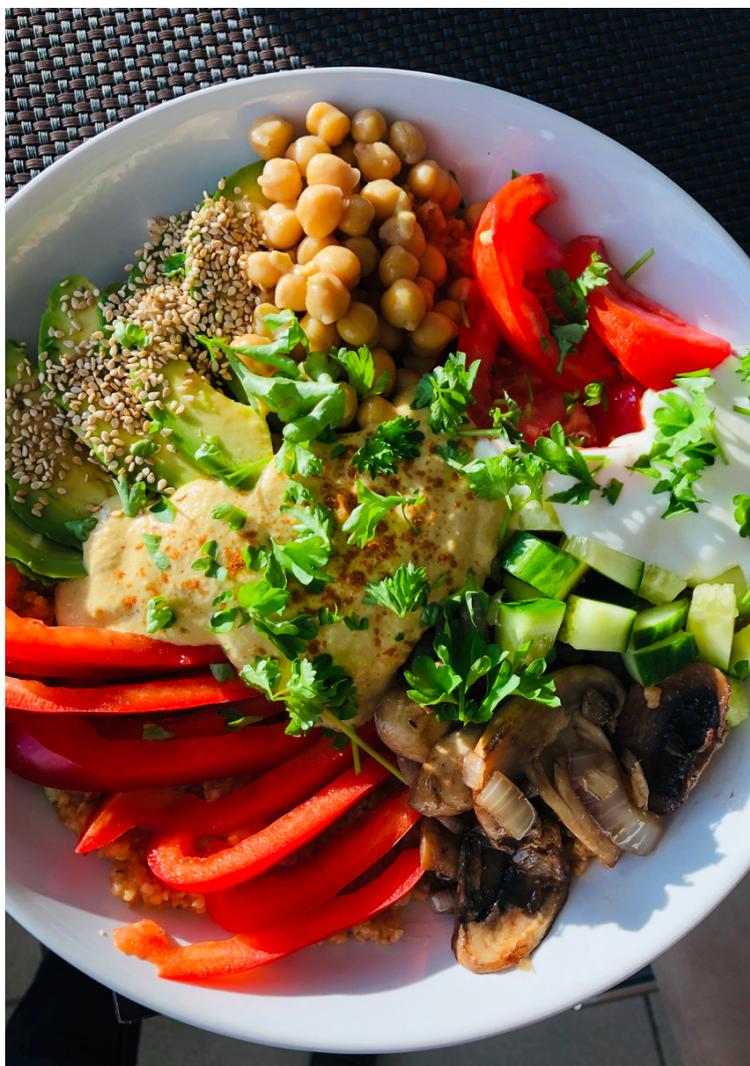
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7 WEEK JOURNEY TO A LEAN, HEALTHY BODY

- 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
- 7 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 study 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 and accountability** to reach your goals.
- Strategy plan for the future to keep up the good work.





7 ONE-TO-ONE SESSIONS TO EQUIP YOU

- Session 1: Introduction: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page. What is optimal nutrition? The nutrient-excellence 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 pro-actively.
- Session 5: Your mindset connected to food. Tools and strategies to renew your mind about your body and release the weight for good.
- Session 6: The power of habits. How to replace bad habits with lasting good habits
- Session 7: Systems for success and consistency in future well-being. How to improve any recipe to a healthier version.

Rewrite your story _____



THE 7 STEPS TO SUCCESS

GOAL

KNOWLEDGE

STRATEGY

SYSTEMS

ACCOUNTABILITY

CONSISTENCY

CELEBRATION

Your commitment to your success is to choose Light2live to partner with you on your new journey. Our commitment to your success is to help you achieve your goals using these 7 stepping stones.

Together we can rewrite your story...

Rewrite, your story _____





COMMITMENT = SUCCESS



www.light2live.com/weightloss

Rewrite your story

