



21 DAYS TO KICKSTART YOUR TRANSFORMATION

CELEBRATE A BRIGHTER, LIGHTER, HEALTHIER LIFE!

Take control of your health and life! With a delicious 21-day menu plan and easy recipes, you will be equipped to kickstart your transformation! There will be daily inspirational short videos or audio to support and guide you all the way.

Because it's time...



THE CONTENTS OF THE PROGRAM

11 January - 31 January 2024

- **Four live online training sessions (1 - 1.5 hours each):**

Session 1: Introduction and what is optimal nutrition?

Session 2: Alkaline vs acidity foods and intermittent fasting

Session 3: How to improve your gut health; fasting for health.

Session 4: The road ahead and food strategy for 2024

With every session, you will be equipped with the necessary knowledge to be successful in your task for the week. You will receive practical plans and tips on how to overcome obstacles and achieve the desired results. Time for Q&A.

What you will receive during the 3 weeks:

- **Daily: 5-10 minutes video or audio clip to equip you and keep you focused and inspired**
- **21-day menu plan (3 meals per day + snacks)**
- **Delicious and easy recipes**
- **Shopping list**
- **Nutrition guidelines**
- **Nutrition journal**
- **Personal feedback progress reports**
- **Food strategy for 2024**

Rewrite your story _____





WHAT SHOULD YOU DO?



Attend 4 live online training sessions:

Session 1: What is optimal nutrition?

Saturday, 6 January 2024 @ 3 - 4.30 pm, and repeats on
Tuesday, 9 January 2024 @ 6-7.30 pm.

Session 2: Alkaline vs acidity foods and intermittent fasting

Saturday, 13 January 2024 @ 3 - 4 pm, and repeats on
Tuesday, 16 January 2024 @ 6 -7 pm.

Session 3: Improve your gut health.

Saturday, 20 January 2024 @ 3 - 4 pm, and repeats on
Tuesday, 23 January 2024 @ 6 - 7 pm.

Session 4: The road ahead and food strategy for 2024

Saturday, 27 January 2024 @ 3 - 4 pm, and repeats on
Tuesday, 30 January 2024 @ 6 - 7 pm.

Daily tasks:

- Follow the menu plan.
- Listen to your daily audio or watch the video clip
- Complete your daily nutritional journal.

Weekly task:

- Complete an online tracker to receive your personal progress report.
- Watch one inspirational video about optimal nutrition for health!



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KICKSTART YOUR LIFE TO BRIGHTER, LIGHTER, HEALTHIER

- 21-day menu plan. You will know exactly what to eat and when.
- Delicious recipes to prepare in advance. Making it simple and easy to start your journey.
- Shopping list. Everyday budget-friendly natural foods.
- No need for any extra protein powders, supplements, etc.
- 4 Weekly online live sessions to equip and inspire you. Time for Q&A during sessions.
- Get the knowledge to discern between nutrition myth and truth.
- Daily videos and audio clips of 5 - 10 minutes to inspire and equip you with the focus you need for the day.
- Two in-depth videos that will expand your knowledge about optimal nutrition.
- Accountability and daily support
- Food strategy for social events
- Food strategy for the future





Now is the time!

KICKSTART YOUR 2024 TRANSFORMATION

11-31 January 2024

How to sign up:

1. Select the program in the [Light2live online store](#) or [click here](#)
2. You will be redirected to the welcome page to complete your registration.
3. Sign up as a Member on the Light2live webpage.
4. You will receive member rights to the Transformation Members page.
5. Download your recipe book and other documentation
6. Attend the introductory session to get all the knowledge you need to get started.

R1500 (all inclusive)

Registration closes at 10 January 2024, 17h00

