



Real Food, Real Solutions, Real Results

6-Week program - \$287

This program is for you if:

- You want to lose that excess weight once and for all
- Are tired of being tired
- Need a little extra accountability and support beyond yourself
- You want to invest in yourself so you can live your best life at any age
- You want to feel good in your own skin and have more confidence

What you'll get:

- FREE - 30-minute consultation
- A nutrition plan that fits your life and is designed to help you lose weight
- Macro tracking-based program
- Personalized tracking spreadsheet with your plan.
- Access to the private Nutrition by Design Facebook group
- A daily check-in (email/ text message) to keep you accountable
- Weekly meeting with your coach
- Access to over 400 recipes
- A flexible approach to weight loss, not a restricted quick fix
- A detailed summary of your program at the end of your package
- The joy of having a coach who is invested in you and your success every step of the way