

NUTRITION PACKAGE NUMBER TWO (2) - \$499.00

‘When QUANTITY and continued SUPPORT counts’

If your goals include things such as (but not limited to): -

- Permanent Weight Loss
- Increasing Energy & Vitality
- Improving mental or physical performance
- Hormonal Balance
- Getting to the ‘source’ of any digestive problems

Then it is very important to understand how much you can eat and drink in a day. It's important that you learn the valuable tool of how to balance meals for the rest of your life and our support is key to this.

THIS CONSULTATION INCLUDES: -

- 1) Everything listed in Package Number One **PLUS** ***
- 2) Further measurements are taken to determine your body fat %. We combine this with your current activity rate and based on your unique results and your health & well being goals, you are then taught how to put together a food plan specific for your Genotype, with your specific measurements, wanting to achieve your specific goals.

***This answers the questions of how much you should be eating,
of what types of foods,
and when.***

- 3) **6 WEEKS OF ONLINE SUPPORT** to ask as many questions as you like!

You will think of many questions as you incorporate your new nutritional plan into you life and our goal is to take as much stress out of this change as possible. We want you to feel educated and confident that you have the tools to adopt these changes for the rest of your life.

Make your appointment today and email us at trainsupreme@equalize.com.au