



L. E. A. N. Program

Lifestyle Empowered by Achieving Nutrition

LEAN Core Nutrition + Behavioral Program

The mission of this essential core program is to lay the foundation in transforming your lifestyle into one that is healthy and balanced. This complete program is personalized and covers all aspects of how to realistically achieve your best self- physically, mentally, socially, emotionally, and spiritually. You will learn more about your true self with several goals in mind including respecting your body through a positive self- image, a positive relationship with food, and being more intuitive with nourishing yourself.

This program is not a diet plan, a quick fix, or a short-term plan. LEAN Core Nutrition Program concentrates one week at a time on four important segments of the program: Lifestyle, Empowered, Achieving, and Nutrition. As your Nutrition Coach, I will educate and empower you to lead a healthier and happier life. Motivation, accountability, and support in a non-judgmental manner will enable you to believe in yourself and trust the process. Enjoying every moment of the journey is the unique focus in making it long-lasting!

4 Week Core Program Includes:

- Personal nutrition calculations of your caloric intake, macronutrients based on your goals.
- Pre and Post FaceTime/Zoom consultation to discuss goals, document anthropometric measurements, and any personal concerns.
- Journaling and documentation of both behavior (computer, writing diary or notes on phone and food diary (My Fitness Pal)
- Weekly detailed individual email check-ins with program attachments, short videos, progress reports, and assistance of personal strategies and guidance with each section of the program and My Fitness Pal recommendations.

\$239 — Introductory Offer (thru 9/9/2020): \$200

Monthly Motivation Tracker

Upon completion of the Core Nutrition and Behavioral Program, the choice is yours if you'd like to continue! This add-on includes weekly detailed personal email check-ins, My Fitness Pal recommendations, recipes, motivating tips, and current nutrition/lifestyle trends to keep you on the right path to reach your goals.

Monthly Subscription of \$48

Nutrition Counseling

Upon completion of the Core Nutrition and Behavioral Program, the choice is yours if you'd like to continue! This add-on includes one session of a 40-minute Zoom/FaceTime call. The call is recommended for those who wish to speak to Melissa in-depth regarding their personal plan.

One Session for \$40