



**Mind & Fitness Inc.**  
**P.O. Box 54641, Atlanta, GA 30308**  
**678-408-2117**  
**[www.mindandfit.com](http://www.mindandfit.com)**

## **PROPER NUTRITION IS A NECESSITY!**



Your food choices each day affect your health – how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. - HHS.gov

Many of us may tend to have the idea or notion that we are eating good, clean, healthy foods. But, do you know what to eat? How much? When to eat? Yes, you may be putting in some fresh clean foods here and there, but do you have a consistent nutrition plan created and guided by experience and knowledge to help you build the healthy body you desire?

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No need to try and figure this out on your own! Below you will find program information for **Fitness Nutrition Coaching** created using the latest nutrition technology. This service is for those who want to learn and implement eating foods that are best for your body, know exactly what to buy, eat, and your calorie intake. The plan can be created to fit your individualized taste and diet style (ex. Vegan, Regular, Vegetarian, Gluten-free, etc.). The pricing is for Meal Plans only. Fitness Training Prices are not included.

<b>12 Week Fitness Nutrition Coaching Plan</b>	
<b>Plan Price \$400</b>	
<b>Includes One Plan Two - Adjustments/Updates 3 Virtual Nutritional Coaching Sessions Shopping List Supplement Recommendations</b>	

Plans are set for 12-weeks. This allows you to stay consistent over a period of timer for best results. The plans are broken into 2 days per week. This will help you to make better food choices over the course of your weekend. You also will have information provided as to the best food swaps you are able to make. Plus, an understanding of Macronutrient intake.

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