

10 Day Energy Kickstart

Boost Energy,
Lose Weight and
Kick Your Sugar Habit

What this program is about!!

Take the next 10 days to help kickstart a healthy eating plan. Within the next 10 days you will boost your energy, lose weight and kick your sugar habit.

How is it done? Just follow the guidelines provided.

- What to Eat
- What Not to Eat
- How to Eat
- What to Drink
- Food Guide and Shopping List
- Recipes
- Setting Clear Intentions