

Healthy Grocery Shopping Tour

Shopping for healthy food doesn't have to be frustrating or overwhelming.

1.5 hr live session in your preferred grocery store* with a certified health & wellness coach

Grocery shopping can be overwhelming when you're trying to eat healthier. There are so many products. And the misleading nutrition claims are not making it any easier. In the meantime these foods are having a negative impact on your health & wellness.

In this grocery shopping tour we're going to cut through the clutter and attention grabbing claims. I will teach you which products support your health, how to identify the best choices, and how to read food labels. The supermarket will never be the same.

The Healthy Grocery Shopping Tour includes:

- 1.5 hour one-on-one session in your preferred grocery store*
- Review of the items you buy on a regular basis and suggestions for products that support your health
- Learning how to read food labels
- Easy PDF reference guide - with this document, you'll be able to go healthy grocery shopping on your own

\$ 179

*Gladstone, QLD only



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