



Healthy Pantry Makeover

**1.5 hr live session in your own kitchen
with a certified health & wellness coach**

The quickest way to make sure you're successful in creating a healthy lifestyle, is to start in your home with the pantry and fridge. A well-stocked pantry with healthy food is a must for busy people. It will help you make better choices.

In this live session in your kitchen, we will go through a variety of foods in your pantry and fridge, making you aware of better options to support your health and vitality. I will make suggestions for replacement products, and help clear you of the toxic clutter. We will balance the foods you love, with the foods that are good for you.

The Healthy Pantry Makeover includes:

- 1.5 hour session in your home, in which you'll learn to read and decode food labels
- Suggestions for replacement products that support your health and vitality
- Easy PDF reference guide - with this document, you can fly solo as a label detective, and determine on your own if products are good for you or not

\$ 179



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