



# Complete Diet Review “Breakthrough Session”

## Transition to a Healthier Diet

Make A **BIG Change** In Your Health

With A **SMALL Taste** of Coaching

with Ingrid DeHart, Certified Nutrition Coach [www.eatwellenjoylife.com](http://www.eatwellenjoylife.com)

- Do you want to eat better but don't really know what foods are best?
- Do you want to learn how to prepare healthy delicious food **easily** without it taking up a lot of time?
- Do you need a resource you can trust, who has done the research, who understands the reality of making some dietary changes so you can go the next level of healing and optimal health.

## Let Me Create a Plan Just For You

I can teach you how you can easily start eating foods which will give you energy, help you to slim down and reduce your aches and pains.

Hear what other have to say about the program:

*“Thank you so much for the session. With your help I feel that I have charted a new course and that with it will come increasing health and vitality. Received the downloads which I have now printed off. These plus my notes from yesterday will be my new template for food prep in my kitchen. Again huge thanks for your awesome coaching and advice”*

Sharolie Osborne, Canada

*“Thank you Ingrid for such an informative session. With the information you sent me I now know what is important to include and what I should leave out. Your recipes are easy to make and delicious, my whole family eats them. I feel I am on the right path toward better health.”* Lydia Sanchez, NY

Claim Your **90-Minute, Obstacle-Blasting, Breakthrough**  
Phone Consultation"

## **Get A Complete Diet Review**

- We will discuss your present diet
- What you like to eat
- Your lifestyle
- What your body needs to feel great.

During our 1 on 1 session we will discuss what your body needs and what you enjoy eating. I will then design a menu plan associated with your diet to help you begin to establish a foundation of health for a thriving body. You will receive the plan and **recipes** by email. This plan will be based on where you are now and where you want to go.

You just need a small stick of dynamite to blast through a wall - and you often need just a one-time coaching session to blast through all the confusion that seems HUGE.

### **This is what you get:**

- ✓ A menu plan so you know what to eat
- ✓ A tried and true collection of delicious 30 minute meals at your fingertips from a Professional Natural Foods Chef (that's me)
- ✓ 3 Breakfast, 3 -4 Lunches, 3-4 Dinners, 2 Desserts
- ✓ List of Healthy Snack Suggestions
- ✓ A chart of what foods to include and exclude
- ✓ Eating guidelines that you will be able to follow for months to come

**Investment: \$197 Time: 1½ hours on the phone**

**"Yes - I want to get a fast breakthrough consultation with you. I'm ready to start within the next 2 weeks."**

## **Let's do it!**

### **Here is how it works**

- ✓ Send me an email at [ingrid@eatwellenjoylife.com](mailto:ingrid@eatwellenjoylife.com) with the subject line **Transition to A Healthy Diet**. Send me 3 dates and times for a 90 minute call within the next 2 weeks.
- ✓ I will send you an invoice to pay and a confirmation of the time.
- ✓ You will then fill out a Health Intake Form so I know more about your diet and health before our session begins
- ✓ After our session I will send you all the practical and easy steps associated with your diet to help you begin to establish a foundation of health for thriving in body, mind, and spirit.

**Email me at [ingrid@eatwellenjoylife.com](mailto:ingrid@eatwellenjoylife.com) to schedule your appointment. You will be glad you did !**