



## **Restore Your Health Diet and Lifestyle Program**

**This is a 4 session program for people who want to ease into transitioning to a healthier diet. It is designed to support you in losing weight, increasing your energy, reducing your food cravings, improving your digestion and enjoy more restful sleep. It is similar to the Restore Your Health Quick Start program but without the cleanse. It can be spread out over 8 weeks to allow you to make changes slowly.**

**Additional benefits: Learn how to transition your diet. Simplify and incorporate healthy eating habits into your life.**

### **Session #1**

Basic Food Plan. How to begin based on where you are right now.  
Adding in foods to nourish your body so you have more energy  
Pantry set up.  
EFT - Setting Yourself Up for Success

### **Session #2**

Boosting Your Digestion  
Optimize your metabolism with SUPPLEMENTS (optional)  
Refining your strategies for creating healthy eating habits that will save you time and energy.  
EFT Emotional Eating - Cravings

### **Session #3**

Gaining confidence in the kitchen  
Refining your own particular tastes with time tested recipes for quick and easy results  
Adding in fun Smart  
Exercise EFT – Making Exercise Fun

### **Session #4**

Maintaining Momentum  
Easy habits to make nutritious meals part of your life  
Healthy on the go, eating out, meetings, etc

Gaining support from friends; explaining healthy lifestyle to others  
EFT - Conditioning In New Beliefs

**Price: \$400**

Email me at [ingrid@eatwellenjoylife.com](mailto:ingrid@eatwellenjoylife.com) to set up a FREE 30 minute strategy session to find out if this program is right for you.