

Hire a health coach to get started with your meal planning health skill.

Get back to meal planning in a doable and straightforward method that saves time and money and helps you reach your health goals!



Do you want to...?

- ✓ Make healthy food choices a permanent practice.
- ✓ Figure out the perfect meal planning program for your particular life situation.
- ✓ Do a meal planning and prepping program that's less time-consuming and more enjoyable.



Meal planning is an essential healthy life skill, and it doesn't need to be as complicated as you think. In this hour and a half training course with a LIVE health coach, you will learn simple methods for meal planning and receive coaching feedback to help you plug what you've learned into your schedule and make it work into your unique life situation.



Topics covered include:

- ✓ Empower yourself with simple meal planning strategies
- ✓ Easy to follow meal planning recipes & ideas
- ✓ How meal planning saves time and money
- ✓ The benefits of meal planning to your overall health
- ✓ What to buy and how to shop for the week
- ✓ Healthy meal ideas for people who don't cook
- ✓ Making the system work for you
- ✓ Any many more tool and skills to put into real life practice!



This virtual health coaching session provides knowledge and helpful tools to make meal planning simple and stress-free. It allows you to meet your health goals with a clean and healthy eating plan anyone at any level can accomplish.

Have questions? Please send us an email or set up a FREE 30 minute consultation to learn more!



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- Certified Health Coach
- Master Personal Trainer
- Group Exercise Instructor