



## Want to improve your eating habits, lose weight or have more energy during the day?

Healthy Eating Australia offers a range of healthy eating programs tailored to your busy lifestyle which are designed to provide you with the tools and knowledge to improve your eating habits and lose weight so you can lead a healthier, happier and more energised life!

### 3 Month program tailored to your needs and includes:

- x2 1hr consultations in the comfort of your home or office
- 1.5hr cooking demonstration of several healthy recipes (inc. produce)
- Program file full of tools, articles and worksheets
- A3 two sided glossy Alkalisising Foods poster
- Report: *37 Tips to improve your health & wellbeing RIGHT now*
- Stationery kit: magnet, shopping pad and meal planner
- Book: *You are what you eat* by Gillian McKeith or *Ph Miracle for Weight loss* by Dr Robert Young

#### Session 1

Full analysis of your eating habits  
List of 10 easy to implement changes  
Setting measurable & achievable goals

#### Session 2

Personalised weekly meal plan  
Step by step easy to make recipes with photos  
Shopping list written up for you

#### Session 3

1.5hr cooking demonstration of several healthy recipes  
Produce included



**3 Month Package: \$690.00**

Contact Louise Ranger from Healthy Eating Australia on 0416 300 785 or [louise@healthyeatingaustralia.com](mailto:louise@healthyeatingaustralia.com) for more details