

# Healthy 2018 Promo

---

## Find your best health this winter season by changing your eating habits!



### Put yourself first, learn to eat well, and stay motivated so that you can achieve:

- An increase in your energy levels
- A better immune system
- Natural weight loss
- Sports challenge
- Stronger mental health



### The program costs \$155.00 and includes:

- Full nutrition consult of 1 hour including nutritional analysis of food journal
- Personalised 7 day easy meal plan (can be repeated for several weeks)
- 10 energy bites sampler with recipe to make yourself
- 2 telephone follow-ups 15 minutes each

*\* Please note that energy bites contain nuts.*



### Starting January 8<sup>th</sup>

- Flexible schedule
- Personalized program adapted to your needs
- Based on natural whole foods and a healthy lifestyle

For more information contact Sarah Khatri at [sarah@khatrinutrition.com](mailto:sarah@khatrinutrition.com) or 514.567.6202



**Khatri  
Nutrition**