

Want control over your nutrition?

The **Nutrition Made Simple E-book- *a guide for fat loss, fitness, health and control over your nutrition***, educates you on a healthy-lifestyle approach. You will learn why your body needs certain nutrients and what percentages you need to get the results you desire.

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What you'll get:

- ✓ The basics of caloric needs and information about tools to help you calculate these.
- ✓ A guide on understanding what percentages of macro-nutrients (carbs, fat and protein) are necessary for your diet.
- ✓ Myths and facts about carbs, fat and protein
- ✓ A step by step guide on how to set-up your own nutrition plan for effective weight loss
- ✓ Tips on how to include your favorite foods into your diet and still get results
- ✓ My personal strategies for accelerated results
- ✓ My "go-to" grocery list to make your shopping trip easier
- ✓ Additional resources to help you get the most from your nutrition program

