



Nutrition Programs & Workshops

Fit2Be Basic Package:

- Basic Essentials To Nutrition
- 7-Day Meal Plan (to get you started)
- Beginner Fitness Workout
- Fitness Assessment
- Organizing a Food & Workout Journal



Fit2Be 4-Week Lose Weight/Inches Program

- How to Read Food Labels
- Personal Phone Consultation (before the program starts)
- 7-Day Starter Meal Plan
- Organizing a Food & Workout Journal
- Fitness Exercise Homework
- Group Exercise Classes

Medical Clearance is required***

Kitchen Inventory Program

- How to Read Food Labels
- Refrigerator Food Observation
- 1 Food Pantry/Cabinet Shelf Observation
- Creating a Healthy Grocery List on a Budget
- How to use a Food Journal

How To Cook On a Budget?

A Nutritionist/Fitness Chef will demonstrate how to cook healthy meals for yourself and/or your family at your residence or workplace.

Call For Prices

703.226.9234

www.fit2be.net

