# HI, My DEAR!

It is time to embrace this 14-day journey back to the basics.

Deep divine breaths.

The journey back to self begins now.

## To get started:

**CLICK HERE TO DOWNLOAD THE MATERIALS.**

 Sharon, please include the link for materials here… ☺

**I will include you in our Facebook group.**

Please Note:

This is your program.

**There is NO right or Wrong when it comes to honoring mind and body.**

You can exchange meals.

You can add healthy choices of protein to any meal. Please do NOT go hungry!

## If you decide to go grain free and bean free, like a paleo clean eating, simply exchange any meals that have beans or grains with a soup and salad.

Cleansing is an opportunity to renew and recharge.

Here are my simple suggestions:

1. I suggest looking at the At a Glance, as this provides you with a day by day suggested meals for your program.
2. Look at the suggested meals and note what you need to buy for Phase 2 and 3 of this program from the shopping list.
3. You will find the clean eating and emotional support tools in your Guide to reduce unwanted clean eating symptoms and make this program pleasurable.
4. You can add protein to any meal, choose from a variety of snacks in your Recipe Guide and clean eating without deprivation.
5. You have a recipe guide with additional recipes so feel free to exchange meals.
6. If you have limited time to cook, you can batch cook a few days’ worth of meals to make your life easy throughout this program.
7. Schedule your 30-minute post program session with me by sending me an email with 3-4 options. Peggy@healthcoachmt.com

**If you feel you need more support during your program, please contact me for one on one coaching here.** **Peggy@healthcoachmt.com**

I know what it is like to struggle with fatigue, migraine headaches, weight gain and changes that happen with aging. I have learned how to change the foods I eat to nourish my body, self-care that is important to healthy aging and I have more energy and mental clarity than ever!

Join me on this eye opening journey that I take seasonally.

**Much love,**

Coach Peggy ☺