



## Rooted & Renewed - Spring Edition

### 6 weeks of Personalized Wellness

This is not a reset. It is a rebuild.

- ~ personalized symptom + lifestyle analysis
- ~ custom plan of action tailored to you
- ~ supportive meal plan framework
- ~ 1:1 guidance + accountability
- ~ education, tools and practical resources

Designed to help you connect the dots build sustainable habits and feel rooted.

Six weeks. Strategic support. Real Results.

*email: [nutritionwithnikko@gmail.com](mailto:nutritionwithnikko@gmail.com) for pricing*