**Jo Nutrition**

**The Fresh Start Program**

**$500**

**Meeting 1**

**We start with an initial Phone Strategy Session to discuss your goals and challenges.**

**1 Hour**

**Meeting 2**

**We head to the grocery store to explore areas of the store where we can process thru the education of finding healthy, great tasting, natural products to create delicious meals, snacks and drinks. This is an exciting and eye-opening experience!**

**1 Hour**

**Meeting 3**

**Yoga session. This will be specifically designed to your level of experience, fitness and strength.**

**1 Hour**

**Meeting 4**

**Discussion and coaching on progress, challenges, meal ideas, restaurant strategies, and overall philosophies.**

**1 Hour**

**Meeting 5**

**Further exploration of concepts, ideas, recipes, and overall mindset.**

**Where do we go from here?**

**You should be one month into your new way of finding great foods, snacks, meals at restaurants, drinks, and new habits.**

**1 Hour**