A top-down view of various meal prep containers on a light-colored tiled surface. The containers include: a rectangular glass dish with chicken thighs, broccoli, rice, and microgreens; a rectangular glass dish with rice, green beans, and a hard-boiled egg; a round glass dish with salmon, spiral pasta, and microgreens; a rectangular glass dish with a baked salmon fillet, broccoli, and artichokes; a small round dish with cashews and almonds; a small rectangular dish with a baked chicken breast, mozzarella, and basil; and a round glass dish with sliced apples. A pink water bottle is also visible in the top left corner.

# MEAL PREPPING: A GUIDE

BY THE BODY LOVE COACH



# HEALTH INFORMATION DISCLAIMER

Always consult your medical practitioner or registered dietitian before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

The information provided is for educational purposes only, and is specifically designed for a generally healthy population. Please seek medical assistance for nutrient information for individual needs or disease states.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.







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Hi!



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# WELCOME!

First, thank you so much for being a part of the Body Love Coach community, and for taking steps towards your health and wellbeing, starting with the foods you eat. As a nutritionist, I know just how important our food choices are. Food is the cornerstone of health, and impacts not only our weight, but how we move, feel, and show up in the world. Food is medicine, so I'm grateful to be a part of this healing journey for you.

When I first see my coaching clients, many of them have no idea where to start in creating a healthy, and most importantly - delicious meal plan. There can be a lot of confusing information out there regarding how to eat, and many of us feel like we simply don't have time or energy to make good eating choices. This guide will simplify all you need to know in order to make the most out of your time and grocery budget, and get started confidently making nutritious meals!

*Eating Well is a Form of Self  
Respect*



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# What... IS A HEALTHY DIET?

A healthy diet is one that includes all food groups, emphasizing fresh fruits and vegetables, whole grains, lean proteins, and healthy fats. It also involves planning meals in advance—whether it's a few days' worth of snacks or an entire week's worth of breakfasts, lunches, dinners, and even desserts. Meal prep has become increasingly popular among people who work full-time jobs or just lead busy lives in general; to save time on evenings and weekends (plus money). A typical meal-prep day usually looks like a combination of chopping up vegetables and cooking protein at home while preparing single-serving containers ahead of time so that you can take your meals with you anywhere you go.

In general a healthy diet is one that provides you with all the nutrients that you need in order to keep healthy. You see, everything you consume contains certain vitamins and minerals. Some foods are more nutritious than others, and these foods should be a bigger priority to foods that are high in saturated fats or refined sugars. For example, if you consumed snacks and candy that have

little to no nutritional value, you'll likely experience the effects of nutritional deficiencies sooner than you think. If you've ever felt tired or moody without any cause, you've probably already experienced effects of nutritional deficiencies. Since every nutrient supports a different function in the body and their all codependent on each other, it's important to achieve a balance between all.

With over 30 nutrients needed by your body every day, you need to make sure to eat a variety of foods from different food groups:

## GRAINS

Like any part of your diet, it's important to eat a variety of grains. There are many to choose from, so try to include all in your meals throughout the week.

Whole grains are rich in nutrients, high in fiber and low in calories. Aim for at least three servings per day. For maximum health benefits, select unrefined grains rather than refined ones—they have more fiber, vitamins and minerals.

Whole Grains: bulgur wheat, brown rice, whole-wheat pasta, millet and buckwheat kernels



## FRUIT

Make fruits your main source of sugar. The best fruits to eat include berries, melons, bananas, papaya, kiwi and pineapple. If you are craving a sweet snack but don't want to go overboard on sugar (and calories), opt for fruit instead of cookies or cakes.

While fruits do provide us with healthy fiber and plenty of disease-fighting phytonutrients, some fruits also contain a lot of natural sugar. While they may contain as much sugar as candy bars or other sugary foods, those with blood sugar issues may wish to stick with 1-2 portions per day or less of higher-sugar fruits.

## MEAT, POULTRY AND FISH

The bulk of your diet should consist of lean proteins. Try to include fish, seafood, poultry, or white meat (such as chicken or turkey breast) with every meal. Choose smaller portions of red meat (beef, pork) and other highly processed meats as they contain large amounts of saturated fat. If you choose to eat red meat, be sure to choose lean cuts that are well-trimmed with very little visible fat.

Seafood like shrimp and scallops are excellent sources of protein as well; it is quite nutritious and provides high amounts of trace nutrients, such as iodine, that aren't abundant in many other foods.

## BEANS AND LEGUMES

Whether you're vegetarian or not, beans are a great staple to add to your diet. They're extremely healthy, very filling, and come in a variety of flavors that makes them easily accessible to anyone.

The most common types of beans include black beans, pinto beans, garbanzo beans (also known as chickpeas), kidney beans, navy beans, soybeans (edamame), etc. Also, legumes are packed with protein which aids in keeping you full longer throughout the day. If you have trouble finding time to cook your own beans try using canned instead—they're just as good for you!

## VEGETABLES

Veggies are a great source of vitamins, minerals, fiber, and phytonutrients. But what counts as one serving? A serving of vegetables is:

- 1 serving equals 1 cup uncooked or 1/2 cooked

Try to include 5 servings of vegetables a day.



# 06 NUTS, SEEDS, OILS, AND FATS

Nuts, seeds, oils, and fats are a great way to keep your hunger in check. The problem? They're also calorie dense—which means one small handful can be high in calories.

For example, one ounce of cashews (about 12) has 154 calories or 1 tablespoon of sunflower oil has about 120. If you consume plenty of nuts, cook with lots of oil, you'll consume more than 800 calories before you know it.

Healthy fats should constitute approximately 1/3 of your healthy diet.



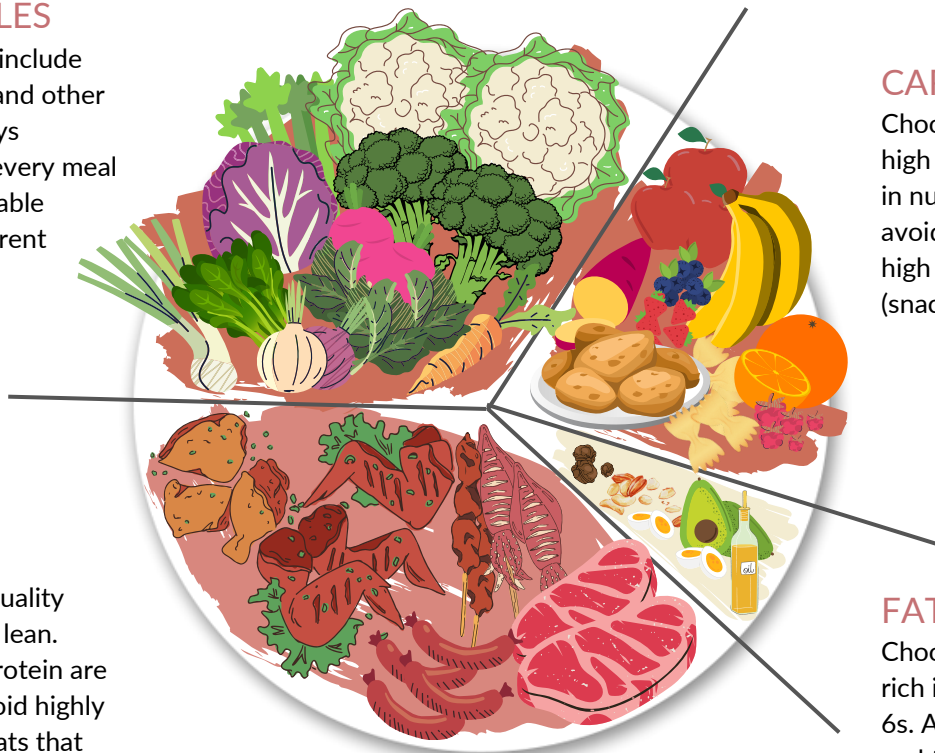


# How to build A PERFECT MEAL

Now that you know the building blocks of a balanced diet, it is time to build your perfect and balanced meal. Using the information you've learned and understanding the importance of eating variety of foods, here's an indication of how a balanced meal should like.

## VEGETABLES

Make sure to include some greens and other colours. Always differentiate every meal as each vegetable provides different nutrients.



## CARBS

Choose carbs that are high in fiber and rich in nutrients. Limit or avoid carbs that are high in refined sugars (snacks and candy)

## PROTEIN

Choose high quality protein that is lean. Plant-based protein are also great. Avoid highly processed meats that are high in saturated fats.

## FATS

Choose fats that are rich in omega-3s and 6s. Avoid saturated and trans fats.

On the next page, you'll find some great food choices for each food group. You'll also find information on the calories and grams for each macronutrient (proteins, carbs and fats). This is very useful if you know how many calories you should consume per day and you're currently tracking.



# Macronutrients CHEATSHEET *for Proteins*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBER
<input type="checkbox"/> Chicken Breast	165	31g	0g	3.6g	0g
<input type="checkbox"/> Chicken thigh	214	23g	0.1g	14g	0g
<input type="checkbox"/> Chicken drumstick	220	24g	0.1g	13g	0g
<input type="checkbox"/> Pork medallion	238	26g	0g	16g	0g
<input type="checkbox"/> Ground Beef (90%)	215	26g	0g	4g	0g
<input type="checkbox"/> Beef filet	291	26g	0g	20g	0g
<input type="checkbox"/> Lamb chop	305	28g	0g	21g	0g
<input type="checkbox"/> Turkey breast	147	30g	0g	2g	0g
<input type="checkbox"/> Veal	231	30g	0g	11g	0g
<input type="checkbox"/> Beef sausage	405	16g	0g	38g	0g
<input type="checkbox"/> Pork sausage	325	19g	1.4g	27g	0g
<input type="checkbox"/> Tofu	83	10g	1.2g	5.3g	0g
<input type="checkbox"/> Seitan	126	25g	5.3g	0.6g	0.3g
<input type="checkbox"/> Tempeh	195	20g	7.6g	11g	9g
<input type="checkbox"/> Edamame	121	12g	9g	5.2g	5.2g
<input type="checkbox"/> Hempseed	553	32g	8.7g	49g	4g
<input type="checkbox"/> Salmon	206	22g	0g	12g	0g
<input type="checkbox"/> COD	105	23g	0g	0.9g	0g
<input type="checkbox"/> Canned tuna	128	24g	0g	3g	0g
<input type="checkbox"/> Shrimp	119	23g	1.5g	1.7g	0g
<input type="checkbox"/> Pollock	118	25g	0g	1.3g	0g

\*\*KCALS - calories

\*\*All values are per 100g of the product unless specified otherwise in the 'food' column

\*\* Values are for cooked food

# Macronutrients CHEATSHEET *for Carbohydrates*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> White rice	130	2.7g	28g	0.3g	0.4g
<input type="checkbox"/> Brown rice	112	2.3g	24g	0.8g	1.8g
<input type="checkbox"/> White pasta	158	5.8g	31g	0.9g	1.8g
<input type="checkbox"/> Whole-wheat pasta	149	6g	30g	1.7g	3.9g
<input type="checkbox"/> Gluten-free pasta	126	2.6g	28g	0.7g	4.8g
<input type="checkbox"/> Couscous	112	3.8g	23g	0.2g	1.4g
<input type="checkbox"/> Quinoa	120	4.4g	21g	1.9g	2.8g
<input type="checkbox"/> White potatoes	93	2.5	21g	0.1g	2.2g
<input type="checkbox"/> Sweet potatoes	90	2g	21g	0.1g	3.3g
<input type="checkbox"/> White slice of bread	98	3.3g	18g	1.2g	1g
<input type="checkbox"/> Wholegrain slice	81	4g	14g	1.1g	1.9g
<input type="checkbox"/> Popcorn	557	7.5	55g	34g	10g
<input type="checkbox"/> Apple	52	0.3g	14g	0.2g	2.4g
<input type="checkbox"/> Orange	49	0.9g	13g	0.1g	2.2g
<input type="checkbox"/> Grapefruit	42	0.8g	11g	0.1g	1.6g
<input type="checkbox"/> Banana	89	1.1g	23g	0.3g	2.6g
<input type="checkbox"/> Red grapes	69	0.7g	18g	0.2g	0.9g
<input type="checkbox"/> Green grapes	69	0.7g	18g	0.2g	0.9g
<input type="checkbox"/> Peach	39	0.9g	9.5g	0.3g	1.5g
<input type="checkbox"/> Strawberries	32	0.7g	7.7g	0.3g	2g
<input type="checkbox"/> Blueberries	57	0.7g	14g	0.3g	2.4g
<input type="checkbox"/> Raspberries	52	1.2g	12g	0.7g	6.5g

\*\*KCALs - calories

\*\*All values are per 100g of the product unless specified otherwise in the 'food' column

\*\* Values are for cooked food



# Macronutrients CHEATSHEET *for Vegetables*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Broccoli	35	2.4g	7.2g	0.4g	3.3g
<input type="checkbox"/> Tomatoes	18	0.9g	3.9g	0.2g	1.2g
<input type="checkbox"/> Carrots	35	0.8g	8.2g	0.2g	3g
<input type="checkbox"/> Onions	44	1.4g	10g	0.2g	1.4g
<input type="checkbox"/> White mushrooms	28	2.2g	5.3g	0.5g	2.2g
<input type="checkbox"/> Chestnut mushrooms	22	2.5g	4.3g	0.1g	0.6g
<input type="checkbox"/> Lettuce	17	1.2g	2.3g	0.3g	2.1g
<input type="checkbox"/> Cauliflower	23	1.8g	4.1g	0.5g	2.3g
<input type="checkbox"/> Brussels sprouts	36	2.6g	7.1g	0.5g	2.6g
<input type="checkbox"/> Sweetcorn	96	3.4g	21g	1.5g	2.4g
<input type="checkbox"/> Peas	84	5.4g	16g	0.2g	5.5g
<input type="checkbox"/> Green beans	35	1.9g	7.9g	0.3g	3.2g
<input type="checkbox"/> Eggplant/ Aubergine	35	0.8g	8.7g	0.2g	2.5g
<input type="checkbox"/> Spinach	23	3g	3.8g	0.3g	2.4g
<input type="checkbox"/> Kale	28	1.9g	5.6g	0.4g	2g
<input type="checkbox"/> Red bell pepper	28	0.9g	6.7g	0.2g	1.2g
<input type="checkbox"/> Yellow bell pepper	27	1g	6.3g	0.2g	1.1g
<input type="checkbox"/> Green bell pepper	28	0.9g	6.7g	0.2g	1.2g
<input type="checkbox"/> Leeks	31	0.8g	7.6g	0.2g	1g

\*\*KCALS - calories

\*\*All values are per 100g of the product unless specified otherwise in the 'food' column

\*\* Values are for cooked food

# Macronutrients CHEATSHEET *for Fats & Dairy*

## FATS

	FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/>	Avocados	160	2g	8.5g	15g	6.7g
<input type="checkbox"/>	Eggs	143	13g	0.7g	9.5g	0g
<input type="checkbox"/>	Almonds	598	21g	21g	53g	11g
<input type="checkbox"/>	Hazelnuts	646	15g	18g	62g	9.4g
<input type="checkbox"/>	Brazil nuts	659	14g	12g	67g	7.5g
<input type="checkbox"/>	Peanuts	587	24g	21g	50g	8.4g
<input type="checkbox"/>	Pistachios	569	21g	28g	46g	10g
<input type="checkbox"/>	Cashews	574	15g	33g	46g	34g
<input type="checkbox"/>	Chia seeds	486	17g	42g	31g	34g
<input type="checkbox"/>	Olive oil (1 Tsp.)	119	0g	0g	14g	0g
<input type="checkbox"/>	Flaxseed oil (1 Tsp.)	120	0g	0g	14g	0g
<input type="checkbox"/>	Coconut oil (1 Tsp.)	121	0g	0g	13g	0g

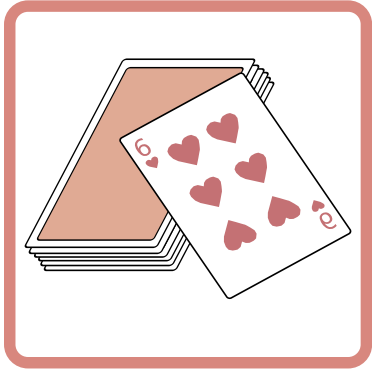
## DAIRY

	FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/>	Cheddar cheese	404	23g	3.1g	33g	0g
<input type="checkbox"/>	Mozzarella	300	22g	2.2g	22g	0g
<input type="checkbox"/>	Parmesan	420	28g	14g	28g	0g
<input type="checkbox"/>	Feta cheese	264	14g	4.1g	21g	0g
<input type="checkbox"/>	Manchego	452	31g	2.2g	36g	0g
<input type="checkbox"/>	Brie	334	21g	0.5g	28g	0g
<input type="checkbox"/>	Roquefort	369	22g	2g	31g	0g
<input type="checkbox"/>	Whole milk	61	3.2g	4.8g	3.3g	0g
<input type="checkbox"/>	Semi-skimmed milk	50	3.3g	4.8g	2g	0g
<input type="checkbox"/>	Greek yogurt	63	5.3g	7g	1.3g	0g



# Visual Guide

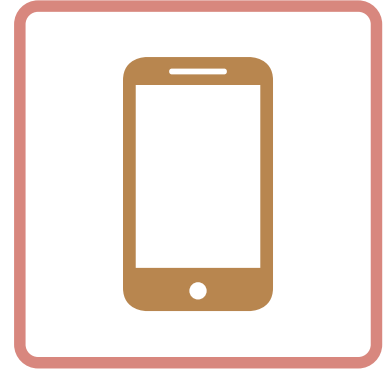
## PORTION SIZES



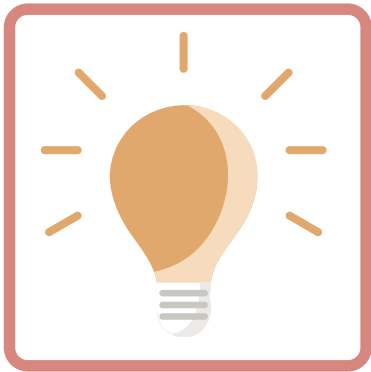
3 oz. fish



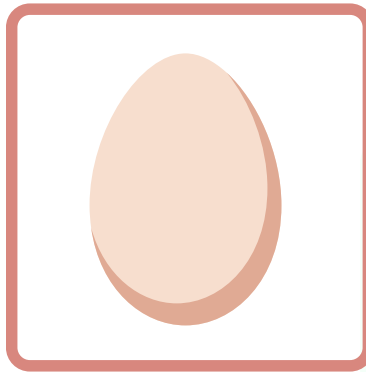
1 oz cheese.



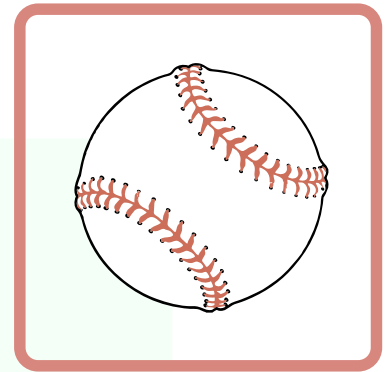
4. oz. meat



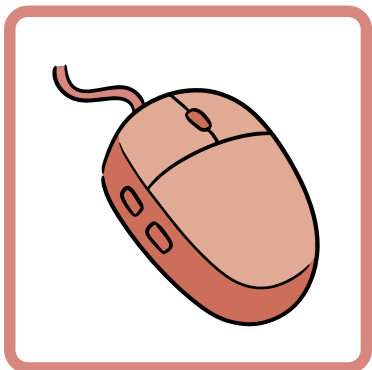
1 c. vegetables



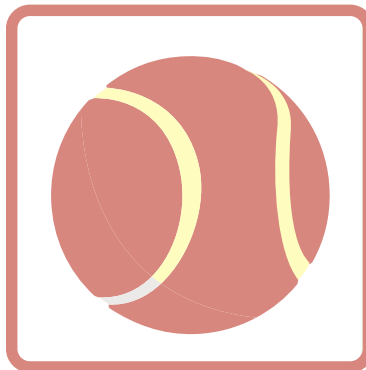
1/4 cup nuts



1 cup cooked pasta



1 small potato



1 medium fruit



2 Tbsp. peanut butter

# The perfect PORTION SIZES

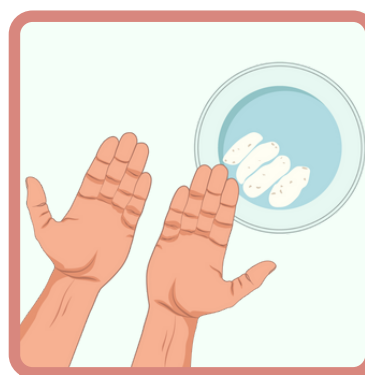
What you eat is only half the battle when it comes to achieving good nutrition. You also need to know how much to eat. Portions of food and drink have increased over time causing us to overeat. When we become aware of this, and if we have a guide to help us manage portion sizes, we can eat food in a healthy, balanced way; paying more attention to what we put into our systems.

One efficient, effective, and demonstrated method is the Hand Portion Method. The idea is that you aren't using tech to measure your food, but instead measuring it using your own hand. The hands go wherever you go. As a result, this makes them a good, quick and easy tool to measure portion sizes, even when you're eating out. The strategy outlined in this book is perfect for anyone who dislikes the idea of using food tracking apps and logs. The first step to starting something is to try each of the steps below.

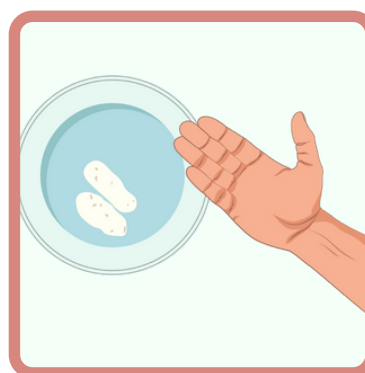
## Step 1 START WITH PROTEIN

From facilitating transport of other nutrients, to ensuring proper function of important enzymes, to aiding in tissue growth, protein is essential for many aspects of human health.

To make this technique work, hold your hand in front of your face, this will be your new measure. Here, we will apply a technique to estimate serving sizes of proteins, with palm sizes ranging from 3-4oz. Protein sources in one serving may range from one to two palm-sizes of meat, fish, dairy, or plant-based foods. This is what it looks like:

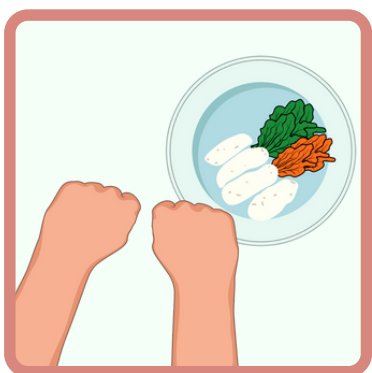


MALE PORTION

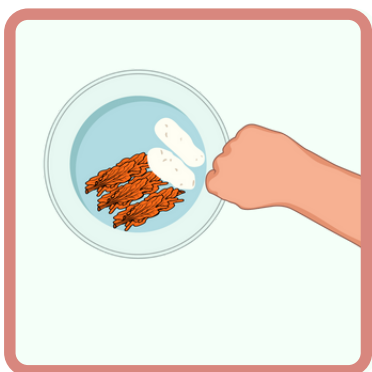


FEMALE PORTION





MALE PORTION



FEMALE PORTION

## Step 2 GET YOUR VEG ON

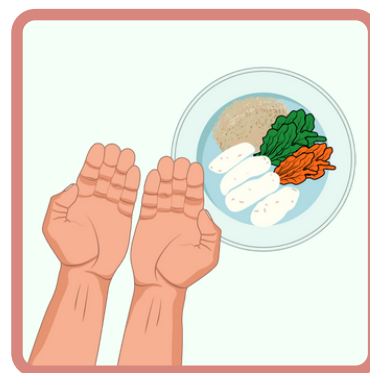
Fill half your plate with vegetables as they are the foundation of a healthy diet.

Vegetables provide our bodies with a number of vital nutrients and health benefits that we just can't get from any other food group. This is why they're so crucial to your overall diet, as well as weight loss, heart health, and optimal digestion. Write down some of your favorite vegetables and come up with meals that you can use them in and enjoy!.

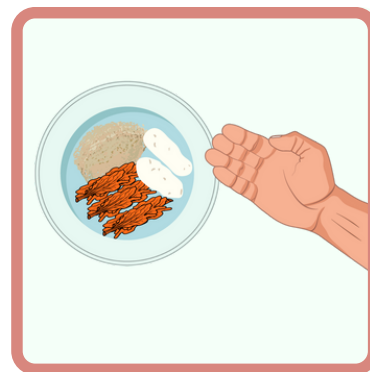
## Step 3 TIME FOR CARBS!

With appropriate portion control, carbohydrates are not harmful. But when one is misled by the true serving size of, say, rice, pasta, or bread, carbohydrate consumption may be disastrous.

Carbohydrates are one of three macronutrients (the other two being protein and fat) that make up a balanced diet. Your body breaks down carbohydrates into glucose, which is then used as energy. Carbohydrates are especially important in our diet because they give us fast-acting energy: without enough carbohydrates, your brain will not be able to function properly, and you'll experience fatigue and irritability.



MALE PORTION



FEMALE PORTION

## Step 4

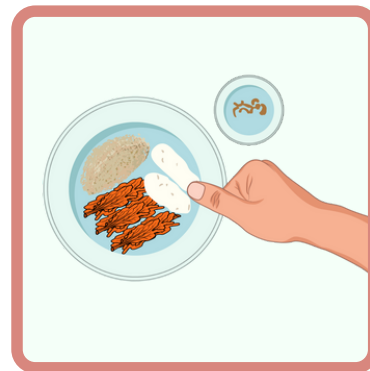
### DON'T FORGET ABOUT HEALTHY FATS

When you're planning out your meals, don't forget to take into account healthy fats and why they're important. Healthy fats like omega-3s and monounsaturated fats are linked to lower risk of heart disease and lower cholesterol, meaning that they can help prevent and reduce problems like hypertension, cardiovascular disease, and diabetes. They are found in nuts, fish, olive oil, coconut oil, avocados—and other delicious foods you should definitely be including in your meal plan! What's more? These healthy fats help make all your meals more filling, which means you'll eat less total calories over time.

For every meal, use a thumb -sized serving as per pictures shown.



MALE PORTION



FEMALE PORTION



# Meal Design Ideas

## USING WHOLE FOODS

	Protein	Vegetable	Fat	Carb
Bowls	X	X	X	x
Soup	x	x	x	
Taco	x	x	x	x
Skillet	x	x	x	x
Wrap	x	x	x	x
Salad	x	x	x	
Sandwich	x	x	x	x
Omelete	x	x	x	
Hot Plate	x	x	x	x
Stir Fry	x	x	x	x



# Meal planning TIPS & TRICKS

## Tip 1

Take a look at the week ahead and decide which days/meals you will need to prepare. Start with weekly favorites, then fill in with any new recipes.

## Tip 2

Plan your meals and shopping for the week ahead using a weekly meal planner and shopping list to stay organized and remove guesswork.

## Tip 3

Don't buy anything that's not on your shopping list when you go grocery shopping. This can help avoid extra expense and less nutrient-dense impulse buys.

## Tip 4

Dedicate a space and specific time each week for meal planning and prepping. Start with one hour, and set a timer.

## Tip 5

Be sure to adhere to proper refrigeration and storage for cooked foods. Pre-cooked meals typically last 3-5 days in the refrigerator, based on ingredients used. Consult [FDA.gov](https://www.fda.gov) for food refrigeration times.



# Grocery Shopping TIPS & TRICKS

## Tip 1

Shop the perimeter of the grocery store for fresh, whole foods. More processed and less nutrient-dense foods can be found in the center aisles.

## Tip 2

Take advantage of sales and coupons. Small savings add up! Take your time comparing prices for similar products.

## Tip 3

When possible, buy in bulk! Nonperishable items, weekly staples, and frozen goods can often be found in bulk-food stores at a discounted price.

## Tip 4

Don't buy anything that's not on your shopping list when you go grocery shopping. This can help avoid extra expense and less nutrient-dense impulse buys.

## Tip 5

Never shop hungry! Grabbing a healthy snack before your weekly grocery trip can help you avoid impulse buys that tend to be higher in saturated fat and sugar.



# Cooking TIMELINE



## 1. STARCHES

Cook your grains first, such as rice or potatoes. These can be used as a base for salads or as a side dish. You will need to allow at least 20-50 minutes for this, depending on the grain and size of the batch.

## 2. PROTEIN

Meanwhile, you can start preparing your protein. Marinate your meat, fish, or tofu, then roast, fry, or bake them. This can take 20-60 mins depending on the protein choice.



## 3. VEGETABLES

Prepare your veggies by cutting, chopping, and washing them. Ideally, you should have three containers, the first for chopped vegetables you can use as snacks. The second container can hold finely chopped vegetables that can be used for sandwiches or salads. Lastly, the third container can be used for vegetables that will have to be cooked (they can also be frozen).

## 4. CONDIMENTS/EXTRAS

Make any sauces, salads, or dips you have on the menu now. You can also buy these, but always check the labels for hidden ingredients. It's easy to add flavor to your meals with condiments, and they go well with both cold and warm foods.



## 5. FRUIT

Most fruits like berries or apples don't need to be prepped, but if you have large fruits like mango or pineapple, you can cut it into pieces and store in a container for quick, grab-and-go snacks.

# Batch Prepping

## BY INGREDIENT



### 1. STARCHES

**Whole Grains** - soak and cook multiple servings of whole grain rice, amaranth, or quinoa.

**Potatoes/Sweet Potatoes:** bake a few potatoes whole, or chop into cubes and cook on a roasting pan.

**Beans/Lentils-** soak and cook legumes like beans and lentils. Canned can also be a great time-saver



### 2. PROTEIN

Prepare **ground meats** (beef, turkey, chicken) in a saute' pan, covered with a lid to preserve moisture'.

Form meat **patties, meatballs**, with herbs and spices. Refrigerate for 3 days, or pop into the freezer to grab when you need.

Roast a **whole chicken** ,or larger portions of meat. Slice and store, or prep chicken salad .



### 3. VEGETABLES

**Pan roast** a variety of vegetables (carrots, beets,, broccoli, cauliflower, zucchini, squash, cabbage), with light olive oil, and preferred spices. Roast at 400F for 20-30 minutes, or until golden brown.

**Chop and dice** raw veggies to use for salads, bowls, omelets, and skillet meals throughout the week.

Chop **raw vegetables** for grab-and-go snacks throughout the week., Store in individual bags for easy access.



### 4. MISC.

Batch prep other favorites for quick snacks or sides. Consider overnight oats, chia pudding, guacamole, hummus, homemade granola, trail mix, or vegetable broth , .

My Weekly

MEAL PLAN

WK:

MO:

Shopping

List

	Breakfast	Lunch	Dinner
Sunday			
Saturday			
Friday			
Thursday			
Wednesday			
Tuesday			
Monday			





My Weekly

MEAL PLAN

WK:

MO:

Shopping

List

	Breakfast	Lunch	Dinner
Sunday			
Saturday			
Friday			
Thursday			
Wednesday			
Tuesday			
Monday			



# Thank You!

## LET'S STAY IN TOUCH!

I hope that this meal-planning guide was helpful as you continue on your journey towards better health. Knowing the basics of nutrition helps us to avoid the confusion and complexity that often comes along with diet planning. Understanding how each food group impacts our overall wellbeing allows us to enjoy a wide variety of foods, knowing that our bodies will love us back!

Every culture, food preference, and dietary need can provide a well-balanced and flavorful diet, consisting of lean proteins, plenty of vegetables, fruits, legumes, nuts, seeds dairy, whole grains, and healthful fats! Allow this to be the beginning of your journey to healthy eating!

If you could use a little extra help on your health journey, I would love to work with you as your coach! Check out my website to book your first free consultation to learn more!



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*Your First Call is Free!*

## THE BODY LOVE COACH