

# Mindful Wellness LLC

The Pathway to a Better Me!



Eat Well.  
Move Well.  
Think Well.  
YES~ You Can!

## 10 Day Kick Start Meal Plan



### YOU RECEIVE:

- Meal Plan for quick results
- Grocery List
- Substitution Guide
- Free App for Tracking
- 2 Weeks of Coaching
- Entrance into current online **SUCCESS GROUP**

Cost = \$ 100/ **Current Special = \$75**

Or **FREE** if ordering Shakeology HD for increased health benefits & results. EMAIL to register!

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