

# Mindful Wellness LLC

The Pathway to a Better Me!



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

## 6 Day Slim Down Meal Plan



### YOU RECEIVE:

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

Cost = \$45

Or FREE if ordering [Shakeology](#) HD for increased health benefits & results. [EMAIL](#) any questions!

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