



eat with me, train with me

Program	Eat With Me Train With Me Meal Plans & Recipes	Eat With Me Train With Me 8 Week Nutrition Program	Eat With Me Train With Me One-on-one coaching
Cost	\$49 per month	\$79 per month	\$329 per month
Who it's for	This is for you if you've already done the 8 Week Nutrition Program and want to continue with your meal plans, recipes & food diaries.	Recommended for people who want to accelerate their results & learn about healthy eating and losing fat.	Recommended for people who want one on one advice as well learning about healthy eating and losing fat. Also for people who have a medical condition (cholesterol, PCOS, high blood pressure etc) and need personalised advice.
Meal plans	✓	✓	✓
Recipes	✓	✓	✓
Shopping lists	✓	✓	✓
Online food diary	✓	✓	✓
Discussion forums	✓	✓	✓
Weekly sms to keep you accountable	✓	✓	✓
Weekly nutrition education with nutrition tips, course material & 'homework' so that you are empowered eat healthier for life.		✓	✓
Personalised nutrition advice from an expert nutritionist. Have Julie review your diary each week, provide guidance and keep you accountable through a weekly phone consult!			✓