

Nutrition Program

Imagine if you had your exercise routine sorted and on top of that you were eating pure healthy food that your body loved. How great would you feel then? That's what Eat With Me Train With Me is all about.

We do it by teaching you to eat healthily and in a way that supports your training, your lifestyle and the way that you are committed to feeling.

This is a flexible **nutrition and wellness program, not a strict diet plan** that you have to follow. It's about a creating a lifestyle habit that is sustainable in both the way you MOVE and the way you EAT

That means the program is also great for weight loss (a simple by product of eating healthily).

What program option are available?

There are three Eat With Me Train With Me online programs available plus a maintenance program, so you can choose one that suits your needs:

1. **EWMTWM 8 Week Nutrition Program** (includes weekly nutrition info, healthy meal plans & recipes) - \$79 per 4 weeks for 8 weeks then rolls into EWMTWM Maintenance program.
2. **EWMTWM Meal Plans & Recipes** - \$49 per 4 weeks for 8 weeks then rolls into EWMTWM Maintenance program.
3. **EWMTWM One-on-One Coaching** (includes weekly nutrition info, meal plans & recipes plus one-on-one advice & coaching) - \$329 per 4 weeks for 8 weeks then rolls into EWMTWM Maintenance program.
4. **EWMTWM Maintenance** (ongoing support & access to personalised meal planning software & recipes) \$9.95 per 4 weeks ongoing.

Some great results from past participants!

Ingrid Giles: *"I lost 5kg and learned a lot about incorporating healthy eating into my existing lifestyle in an ongoing way. Since doing the program, I have managed to maintain a balanced diet with lots of fresh vegies and protein, and have found I haven't eaten much junk at all."*

Susan Head: *"I lost 6 kilos and several centimetres in different places.... I was reminded of things I knew and encouraged to put them into practice - which then led to a deeper knowledge of myself and my relationship with food. Every week though there was new information that I didn't know which was great as I thought I had read it all!"*

When does it start?

A new program starts **every Monday**. So you can join any time and start on the next Monday.

Do I have to do the full 8 weeks?

You'll get better results if you do the full 8 weeks! But you don't have to. There are no minimum contracts so you simply pay for 4 weeks at a time and can **cancel any time**.

Let's get started!! How do I sign up?

Just go to the Evolution website for more information & to sign up:

www.evolutiontowellbeing.com.au/eatwithme

Julie Markoska

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Nutrition Evolutionary

Program	EWMTWM 8 Week Nutrition Program	EWMTWM 8 Weeks of Healthy Meal Plans & Recipes	EWMTWM One-on-One Coaching	EWMTWM Maintenance Program
Cost	\$79 per 4 weeks for 8 weeks	\$49 per 4 weeks for 8 weeks	\$329 per 4 weeks for 8 weeks	\$9.95 per 4 weeks
Who it's for	Recommended if you want to accelerate your results and learn about healthy eating and losing fat.	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 extra support and 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.	Perfect for maintaining your results after one of the 8 week programs with ongoing support and motivation!
Healthy Meal Plans & Recipes to inspire you to eat well	✓	✓	✓	
Access to personalised meal planning software & recipes	✓	✓	✓	✓
Online Food diary	✓	✓	✓	✓
Discussion & support 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!			✓	