

Nutrition Program

Now that you're training hard, don't sabotage all your good work with a bad diet. When it comes to seeing results from your training, 80% of it comes down to nutrition. You can't 'out train' a bad diet! So that you get the best results from your training, we've got an Evolution Online Nutrition Program called Eat With Me Train With Me, led by our very own Accredited Practising Dietitian & Nutritionist, Julie Markoska.

What does it involve?

On Eat With Me Train With Me you'll:

- Get a **Nutrition Plan** to follow with personalised meal plans, recipes & shopping lists to make life easy.
- **Learn about nutrition** with weekly nutrition tips, learning material & 'homework' so that you are empowered eat healthier for life.
- Get lots of **support & motivation** from Julie, your trainer and the Evo community doing the program.

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

1. **EWMTWM 8 Week Nutrition Program** (includes weekly nutrition info, meal plans & recipes) - \$79 per 4 weeks (then rolls into option 2).
2. **EWMTWM Meal Plans & Recipes** - \$49 per 4 weeks – cancel anytime.
3. **EWMTWM One-on-One Coaching** (includes weekly nutrition info, meal plans & recipes plus one-on-one advice & coaching) - \$329 per 4 weeks – cancel anytime

Some great results from last year

Ingrid: *"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: *"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 from the 6th of February 2012. 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 no you don't have to, you simply pay one month at a time and can cancel any time. There are no minimum contracts.

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	Eat With Me Train With Me 8 Week Nutrition Program	Eat With Me Train With Me Meal Plans & Recipes	Eat With Me Train With Me One-on-One Coaching
Cost	\$79 per 4 weeks	\$49 per 4 weeks	\$329 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.
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!			✓