



To the Core Nutrition

Lifestyle Transformation from the Inside-Out

- **6 Week Nutrition and Lifestyle Program**

Lose Weight

Decrease Inflammation

Improve Health

-Recipes and Meal Outlines

-Weekly Challenges and Weigh Ins

-Seminars with Dietitian Nutritionist

- **Metabolism Testing**

- *Customized Calorie Recommendations*

January 27th-March 10th

Cost: \$249 for 6 Weeks

Register:

- **Dietary Recommendations Unique to You**

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