



Pre Spring Break Clean Eating 5-Day Challenge Group

Lose a few pounds before the spring trip!

Free Facebook Group to support each other to eat a little better!

Prep Week starts March 7th | Challenge Days are March 14th - March 18th

“Winter had a slow start, but it did hit! Spring is approaching! We may wear dresses and nice shoes again! We may see our toes again! Let's help each other get on track in a supportive environment with some cooking techniques, daily exercise and motivation!”

- ✓ Learn more about the Clean Eating Lifestyle
- ✓ Get a 5-Day Meal Plan with Recipes and Grocery Lists
- ✓ Commit to exercising 30 minutes a day (your choice of activity)

And what you can expect is to...

- ✓ Lose a few pounds
- ✓ Have more energy
- ✓ Learn some new healthy recipes and food ideas
- ✓ Have fun with a group of like-minded people



**JOIN NOW BY SENDING A MESSAGE TO
cheflaura@aknightsfeast.com**