



Vital
Nutrition

Eating for energy

Do you feel tired all the time, struggle with the alarm clock every morning and rely on caffeine and sugar to get you through the day?

Vital Nutrition's Eating for Energy workshop will inspire you to eat well for the good of your health.

Find out...

- The low down (literally) on sugar intake and how to curb cravings
- Why protein is vital for maintaining energy levels
- Natural highs, ideal foods to sustain energy
- Menu suggestions for refreshed vitality
- How to prevent the 3pm energy crash

Get in touch

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