



Vital
Nutrition

4-Week Health Challenge

Vital Nutrition's latest challenge promises to motivate you, energise you and get you excited about nutrition and healthy eating.

Whether you want to lose weight, support your immune system or balance mood, Vital Nutrition's new 4-week programme will help get you there. Nutritional Therapist Jane McClenaghan will be there to support you every step of the way. If you are ready to get serious about making some healthy changes, this is the perfect opportunity.

What you get:

- 4 week low GI plan Weekly challenge to help you meet your goals
- Menu suggestions and recipe ideas
- Menu planning and shopping lists to get your super-duper organised for a healthy once-a-week shop
- Ideas for making the most of your lockdown larder
- 4 x nutrition classes with cookery demos for Jane's kitchen (via Zoom)

Get in touch

T: 07704 520257

E: emma@vital-nutrition.co.uk

www.vital-nutrition.co.uk