



WEIGHT LOSS SESSION



Weight Loss Session

Hi, Welcome to the Weight Loss Session. In this session we are going to be working closely to get to your goal.

Program:

- Complimentary session with Dietitian
- DNA comprehensive test

We are excited to have you participate in this program and here to support you in every step of the way.

Cost: \$500

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Weight Loss Recipes

Green Mint Chocolate Smoothie

Serves 1 | Prep Time: 5 mins

Ingredients:

- 1/2 banana
- 2 cups fresh spinach
- 1 cup Almond Coconut Blend, Unsweetened Vanilla
- 1/4 teaspoon peppermint extract
- 1 tablespoon chia seeds
- 1 cup ice
- 2 tablespoons dark chocolate chips



Directions:

1. Place the banana, spinach, milk, mint extract, chia seeds, yogurt, and ice in a blender and run at high speed for 60-90 seconds.
2. Add in chocolate chips, pulse until they are small pieces. Serve.

Nutrition Information

Protein 3.71g
Total Fat 6.8g
Carbs 17g
Calories 142kcal

Fiber 5.2g
Sodium 91mg
Saturated Fat 2.72g

Fruits 0.49 servings
Vegetables 0.5 servings
Added Sugar 0g

No-Bake PB Protein Bites

Serves 18 | Prep Time: 15 mins

Ingredients:

- 1 cup old fashioned oats
- 2 scoops organic vanilla protein powder
- 1/2 cup creamy peanut butter (heaping)
- 1/4 cup unsweetened apple sauce
- 1 tablespoon unsweetened apple sauce, more, if needed
- 1/2 cup organic freeze dried strawberries
- 2 tablespoons honey or maple syrup
- 2 tablespoons mini chocolate or carob chips



Directions:

1. Place oats, protein powder, freeze dried strawberries and chocolate chips into a small bowl and stir to combine.
2. In a separate bowl mix together the peanut butter, applesauce and honey. Pour the wet peanut butter mixture over the dry mixture and stir well. Combining this mixture will take a little stirring power and it may seem a little crumbly at first. You can use your hands to knead the dough near the end. If it's too crumbly, you can add an extra tablespoon applesauce to moisten it.
3. Once combined, start forming the the dough into one inch balls.
4. Store in a covered container in the fridge or freezer

Nutrition Information

Protein 5.1g
Total Fat 4.41g
Carbs 9.5g
Calories 93kcal

Fiber 1.36g
Sodium 36mg
Saturated Fat 1.03g

Fruits 0.03 servings
Vegetables 0 servings
Added Sugar 1.98g