

Virtuoso e-Nutrition Coaching Package



NUTRITION CONSULTING INC.

This online adult nutrition program will give you the fundamental nutrition knowledge you need to boost your energy, manage a healthy weight and improve overall wellness. Learn at your own pace and also enjoy access to electronic copies of our most popular resources including our “members only” section.

Virtuoso Package

Become a virtuoso or nutrition hotshot! This 12-part program drops nutrition lessons into your email inbox in your choice of weekly or monthly increments. Topics include the fundamentals of food (carbohydrates, protein, fat, fibre, vitamins, minerals and fluids) and leading edge nutrition news. You will also receive information about healthy meal planning at home, time saving tips for quick meals in a crunch and how to eat out without a doubt. The Virtuoso Package is full of fresh ideas, practical tips and strategies to keep you motivated to look and feel better each day.

Virtuoso e-Nutrition Coaching Package

www.healthstandnutrition.com

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NUTRITION CONSULTING INC.

It's your health. Take a stand.

e-Nutrition Coaching Package	Virtuoso Package
Subscription to "Sound Bites" monthly e-newsletter	✓*
"Build a Balanced Meal" suggestions	✓*
A 50 page reference manual of the nutrients in food	✓*
Mega menus for a month	✓*
"Members Only" web resources	✓*
"Write-On!" weekly supper planner	✓*
Grocery shopping list	✓*
Jazzed up journal (365 day nutrition and wellness journal)	✓*
12-part Virtuoso online nutrition coaching program	✓*
1 Person	
Total value**	\$ 899.90
Package savings!	73%
You pay	\$ 247.00

✓ = included in program

✓* = electronic resource

Prices do not include gst. ** = based on the sum of each individual service or product

Details of the Virtuoso e-Nutrition Coaching Package

Subscription to “Sound Bites” Monthly e-newsletter

Newsletter is written by Health Stand Nutrition Consulting Inc. dietitians and is dropped into your email inbox monthly. It is loaded with practical nutrition tips, articles and recipes to help further your success.

“Build a Balanced Meal” Suggestions

You will never be short of ideas with this list of breakfast, lunch and supper meal planning ideas. The “build a balanced meal” suggestions are ideal to print and hang on the refrigerator or keep it handy in the kitchen. This is one of our most popular nutrition tools!

A 50 Page Reference Guide on the Nutrients in Food

This “must-have” reference book lists the nutrients of common foods including calories, carbs, protein, fat, fibre, vitamins and minerals.

Mega Menus for a Month

Need some menu ideas to get you going? Receive four sample weeks of healthy breakfast, lunch and supper suggestions along with corresponding recipes. Also receive a blank template so that you can create your own healthy menus for a month.

Access to “Members Only” Web Resources

Access to the exclusive Members Only section of our website will provide you with hundreds of nutrition and wellness articles, research updates and healthy recipes.

“Write-On!” Weekly Supper Planner

Our weekly supper planner is great to keep handy in your kitchen to help you visualize and plan your supper meals for the week ahead.

Grocery Shopping List

Get healthier and shop faster! This grocery shopping list will help you stock your pantry, fridge and freezer with tasty and healthy foods.

Jazzed Up Journal (365 Day Nutrition & Wellness Journal)

If you write something down you are ten times more likely to succeed! Print off and use this 365 day journal to get yourself jazzed up and to set goals, monitor your progress and stay motivated. The journal has space to track your nutrition, exercise and personal reflections.

12-Part Virtuoso Online Nutrition Coaching Program

Nutrition lessons are dropped into your email inbox in your choice of weekly or monthly intervals. Lessons are designed to cover topics about the fundamentals of food (carbohydrates, protein, fat, fibre, vitamins, minerals and fluids) as well as meal planning at home, eating out without a doubt, and strategies to stay motivated, boost energy, reduce disease and manage a healthy weight.

For more information about our Virtuoso e-Nutrition Coaching Program or to get started today visit www.healthstandnutrition.com or phone (403) 262-3466.