



# Forty Love Nutrition Body Re-composition Program

**Welcome to Forty Love Nutrition!**

**Imagine!**

- ....No more hunger pangs and cravings;**
- ....No longer following a restrictive diet plan;**
- ....Free from dependence on the scale as a measurement of your health and fitness.**

Frustrated by countless diets with no success, you may feel like you are doing something wrong.

If this is you, and you want to feel healthier, more energized and happier during your weight loss journey... check out our Body Re-Composition Program.

Our program focuses on changing your body composition, fat mass and non-fat mass (fluid, muscle mass, and bone mass), which will help improve your overall health, increase your metabolism, and reduce the likelihood and risks/complications of chronic diseases.

**This program will help you:**

- Achieve your weight loss goals without calorie counting and restrictive dieting
- Optimize your nutritional status for improved energy and motivation
- Balance key hormones related to metabolism and weight loss
- Improve your gut health - which promotes better mood and reduces inflammation
- Increase your energy level for a more active lifestyle and maximum weight/fat loss

**Are you getting interested? Read on...**



Forty Love Nutrition LLC



## This program is right for you if you...

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- feel discouraged because your health effort is not impacting your weight goals
- struggle to maintain your healthy weight long term, but don't know where to start
- want to be fitter, stronger, and leaner for increased confidence and happiness
- want to enjoy eating your favorite foods while being on your weight loss journey
- want to eliminate stress over the number on your scale
- want to have a positive relationship with food and exercise
- have hormonal disorders or GI diseases that may affect your metabolism
- have chronic metabolic conditions including diabetes and obesity

## How does this program work?

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### Monthly Package:

Recommended if you...

- want to master healthy eating to increase your metabolism and prevent metabolic-related conditions
- are tired of restrictive, yo-yo dieting and are ready to measure your health beyond the number on your scale
- are too busy tracking food or calorie intake

### 3-Month Package:

Recommended if you...

- want to lose excess body fat while preserving your muscle mass primarily through nutrition
- want to balance your metabolism-related hormones to support fat loss
- have chronic conditions or hormonal challenges that interfere with your weight loss journey



## Forty Love Body Re-composition Program



### Free 20-min Discovery Session

Let's get to know each other to ensure this program is the right fit for you. We would love to learn about your health goals and determine which package is right for you!



### Monthly Package

**Goals:** optimize nutrition, regulate appetite, and increase energy levels and motivation

- 60-min initial session
- 1x follow up session
- Monthly FB group support
- Mindset shift coaching
- Weekly tasks/challenges
- Focuses on shifting mindset, regulating appetite, managing blood sugar, and balancing nutrition

Investment:

1st month: \$395

After 1st month: \$195/mo

No obligation after the 1st month



### 3-Month Package

**Goals:** adjust your macro and calorie intake for fat loss, balance hormones, preserve muscle mass, and reverse dieting

- 90-min Initial session
- 3x follow up sessions
- Mindset shift coaching
- 2x DEXA scans
- Functional nutrient testing
- Unlimited weekly support
- Focuses on reducing body fat, improving hormone balance and GI function, reducing stress, and inflammation

Investment:

\$1295

One time payment