



**Weekly coaching with Kristy !**



**12 Nutrition Courses +  
Recipe Portal**



**4-Week Guided Detox**



**Nutrition Deficiency Testing &  
Supplement Recommendations**

# 1-2-1 Personal Nutrition Training

**This 4-month premiere program includes:**

- You and Kristy, one-on-one! (virtual)
- Weekly instruction and accountability
- Easy-to-understand education (Guide included)
- A customized meal plan based on your genetics
- Strategies to attack fat and dodge disease
- Grocery shopping guidelines
- Quick fix recipes for all meals
- Detoxification plan and cleansing supplements
- Testing to identify nutritional and fatty acid deficiencies
- Testing for digestive imbalances and food sensitivities
- A customized supplement plan
- Access to Kristy - unlimited texts and emails

## **For more information contact:**

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