

14 DAY ONLINE PROGRAMME

WHAT'S INCLUDED

- Cleanse Recipe Book featuring 30 delicious recipes
- Cleanse Success Manual with the lowdown on everything you need to know about toxins, including which specific foods to eat (and what to avoid), the hidden dangers lurking in your bathroom cabinet.
- Cleanse Progress Tracker - your 14-day guide packed with questionnaires and journaling pages to help you track your progress through the programme.
- Support, inspiration & motivation in a dedicated Facebook group
- Printable shopping lists
- Daily motivational emails
- BONUS 15 Ways to Detox Your Home ebook

**Euro
79**

STARTS 10TH JANUARY



My name's Angela Skinner

I'm a Qualified Nutrition & Lifestyle Coach specialising in helping women Over 40 lose weight & feel energised.

I designed this easy-to-follow programme for women like you who want to feel amazing but who sometimes slip into unhealthy habits. This is your chance to reset.

The programme is being run online with a weekly live session so you can get the support you need to put all my advice into practice.

Are you joining me?

www.eatwell-nutrition.com/detox