

Custom One Week Meal Plan For Weight Loss



Location **Scotland, East Lothian**
<https://www.freedasz.co.uk/x-475103-z>



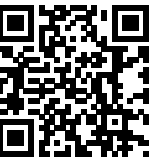
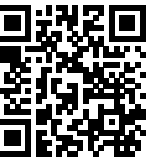
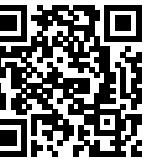



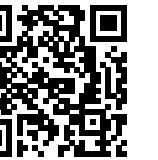

A custom meal plan for one week will be made for you based upon your weight loss goals. The aggressiveness of your weight loss will be determined upon what we decide is safe and healthy for you. Your personal plan will be optimised to fit your personal needs for the best possible results for your specific body. Using our flexible dieting technique built into your plan, you will be able to shed off pounds (up to two pounds a week) while still eating the foods you love. Dietary requirements and food preferences will be taken into account when building your plan. Recommended times to eat will also be given to you based on information you give us on when you get the most hungry and are most susceptible to snacking or binge eating on junk food, this will stop you eating unhealthy and unplanned calories which would result in you sabotaging your weight loss goals.

Any questions or adjustments needed to be made to your plan can easily be made with no additional costs by sending me an email. I do my very best to reply as soon as I can but please give me 48 hours before sending a follow up email, this is a huge exaggeration of how long it will take me to reply as you can normally expect a reply within 12 hours of sending your email.

We think the prices for personal trainers today are unaffordable and not practical for everyone, we believe that everyone deserves the chance to make a change to your body and finally be happy and confident with your physique. This is why we are only asking £10 for a weeks plan, if your interested in getting a new meal plan every week or even every few weeks, we also do some deals these include:

- One week - £10
- Three weeks - £25
- Five weeks - £40
- Eight weeks - £65
- Ten weeks - £80

Your plan will be emailed to you for yours and our convenience. Thank you in advance for making the decision to trust us and have faith in us and yourself to make the change you need, we wish you the best of luck in your transformation journey. Have a good day,

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