

# Food & You Renew: with Emma the Dietitian

## Service Description

If you have tried EVERYTHING, if you are thinking about food 24/7, if you feel sad after eating certain foods, if you feel out of control around food, if you feel you are constantly play catch up with your weight loss efforts and think NOTHING will work for you- it is time to rethink your relationship with food. Imagine what life would be like if you broke the diet cycle. With Food & You Renew you CAN:

- improve your relationship with food
- sustainably lose weight, reach your "set point" and keep it off
- take back the power from food and stop letting it control you,
- learn how to optimize your metabolism & how to fuel yourself so you aren't left hungry
- learn how to incorporate mindfulness into your eating habits
- learn how food freedom, positive body image, behavior change & sustainable weight loss can ALL coexist!

STOP letting food control you. Food is meant to be enjoyed and to fuel you. Mindfulness, flexibility, mindfulness and the support of nutrition and metabolism education are the KEYS to YOUR success!

This is a 12 week coaching program with the 3 pillars of Stability, Power and Progress.

### Pillar 1: Stability

This pillar focuses on consistency and understanding what your body needs to be energized properly. We will discuss your daily habits and behaviors and together determine personalized goals to get you to a stable point in your eating habits (without the diet cycles).=

### Pillar 2: Progress

This involves living your life and making progress every day. This is taking what you learn and actually implementing it to reach your personal goals. We will goal set weekly or every other week (depending on the goal/client) and focus on the small wins. Motivation is fleeting- this is where a support system is VITAL.

### Pillar 3: Power

We will start to implement the keys for supporting your metabolism while also incorporating a variety of foods to help improve your mindset and approach to nutrition. This is where nutrition education is important- I want you to understand the WHY behind WHAT you are doing. We also start to introduce mindfulness practices to help you understand your body, what it is telling you and practicing a non-judgmental approach to how your body feels.

You do not have to always be the girl whose life revolves around food & dieting- invest in WHO you want to be now!

# Work with Me!

## Food & You Renew

a 12-week  
nutrition & mindfulness program

this program is for women who:

- have "tried everything" when it comes to weight loss
- are tired of diet cycling
- want to be able to drink, socialize, go out to eat and feel confident in their clothes
- are confused with nutrition, struggle with an "all or nothing" mindset with food
- are busy and need solutions for their schedule!
- want to improve their relationship with food

12 Weeks:

3 Pillars

pillar 1:  
stability

pillar 2:  
progress

pillar 3:  
power

What's  
Included

1:1 Personalized  
Nutrition Coaching

7 Coaching Calls |  
with me! |

Weekly Check-ins  
this means LOTS of |  
support! |

Daily access to a  
dietitian

via email, direct  
message or slack |

food freedom &  
mindfulness practice  
metabolism & nutrition  
education, meal planning  
tips,.

and MORE!

how to get started  
or learn more:

apply for my program through my  
quick & easy application- I will reach  
out with more information!

or

click on the "Free Consult Call" tab and  
book a call with me!

or

contact me through the "contact" tab  
for any questions or direct message me  
on Instagram, Facebook or TikTok!

I can't WAIT to work with you!