

# NEWSLETTER – 1

What we do...

*welcome to the journey*

We are two sisters, Kate & Anne, who love life and great food.

Get **LowCarbLife Approved** and be part of a community of mindful life choices

Our services cover...

## Consulting:

- 'One on One' & Group Forums
  - including meal plans
  - Helpful tips, techniques and information
- Professional/Restaurant operations
  - Grow your business and get **LowCarbLife** adapted
  - including menu adjustments
  - in house training.

## Supplies:

- Wholesale for bulk preparations & presentation and
- Retail for innovative solutions to everyday meals

Our aim is to...

Provide the best quality, tastiest products both local and abroad that make **LowCarbLife** as easy as possible. We cater for all... Banting, Low Carb High Fat, Paleo, Ketogenic, Aitkens, Gluten & Sugar Free lifestyles. Think of us as your one stop healthy supermarket.

We hope to provide everything you need from...

Dry goods in your pantry to fresh produce, deli meats and meals, and delicious treats. That's not all, we bring you tips and recipes that make **LowCarbLife** easier on the pocket and with a little coaching we'll get you in the swing of things in no time.

Meet at Elements Market Café at the Hilton Health Center for **LowCarbLife** Menu options and to get last minute meal takeaways and supplies.

*we look forward to helping you.*

