

WORKSHOPS...

Find the best you!!!!

get **LowCarbLife** *approved*

We are excited to launch our WORKSHOP program for 2017.

To give you the creative spirit to a successful Low Carb Lifestyle. Guiding you through the principles and enabling a sustainable daily walk through your world. Based on an informal supportive structure with a companion through the transition. This is about sharing tasty meals, chats over coffee, buying good food and preparing satisfying food.

coaching workshops

- ✓ Guidelines & principles to health & vitality
- ✓ Learn REAL tools to effectively BANT
- ✓ Structured Meal Plans created for you
- ✓ Informed shopping
- ✓ WhatsApp support for 30 days
- ✓ Confidentiality guaranteed
- ✓ Topics covered include: Balanced Nutrition; Understanding Labels; Ketosis; Appetat; Cheating & Alcohol; High performance lifestyles etc etc...

PRICES

Workshop Program, 1/2 day session
R 1'000.00/workshop
Full info booklet provided, with personal analysis, & Meal Plans to suit you
Additional 30min meet-ups & analysis
R 100.00/session
Monitor and mentor your progress
Aggressive Program with daily analysis
R 200.00/week
(Prices Subject to Change)

kitchen workshops

- ✓ **WORKSHOP:** Come share the workings of a Low Carb Kitchen. Demonstrations with tips, techniques & ideas to make flavor filled food. Preparation techniques to cut time and cost, for even the most disinterested or enthusiastic cook, Flavor techniques to love your food...
- ✓ **REVIEW:** Let me review your kitchen, its supplies & tools. This determines the outcome of your table & your table fuels your body, & your body determines your mind.

PRICES

Kitchen Workshop, 1/2 day session
R 750.00/person
Includes tastings, information of LowCarbLife favorite ideas & meals
Kitchen Review, 1/2 day session
R 750.00/once-off
Starts you on the right platform
(Prices Subject to Change)

Book NOW...

Send your name, email, cell and area to
info@lowcarblife.co.za and tell us where you are at!!!

To follow the flow of information, kindly like the FaceBook page for updates & sign up for Newsletters.

LowCarbLife happily travels whenever requested. To make a trip cost effective, gather 5 or more people together to cover the travel costs. A 20% discount is offered to the organizer.

We cater for specialized requirements—let us know

