



CELERY FOR THE WIN!



PORTION CONTROLLED NUTS



JELLO, FUN AND FRESH!



PICKLES ARE GOOD FOR ELECTROLYTES AND THE CRUNCH



SUGAR FREE GUM

NUTRITION MUST HAVES





STARBUCKS ON PLAN?!  
YEP! THIS SUGAR FREE OPTION IS  
PERFECT FOR YOUR MORNING PICK ME  
UP WITHOUT ALL THE EXTRA SUGAR!



SUGAR FREE TROPICALS & EVEN  
CHOCOLATE POPS!



SUGAR FREE COOL WHIP  
IS SOOOOO GOOD



SUGAR FREE EVERYTHING FROM  
SYRUPS TO DRESSINGS!



SUGAR FREE BBQ & MARINADES!



NUTRITION FLAVES



PROBLEMS WITH GETTING THE BOWELS GOING, GIVE IT A NIGHT AND IT WILL CLEAR IT UP!



DON'T LIKE TEA? MAGNESIUM WILL HELP GET YOUR BOWELS MOVING AS WELL!



LITTLE SUGAR DETOX GIVING YOU A HEADACHE? EXCEDRIN DOES THE TRICK



KEEP THAT WATER COLD AND SWEAT FREE! THIS BOTTLE HAS A REMOVABLE NEOPRENE SLEEVE!



SLEEP IS SO IMPORTANT! THIS WEIGHTED LAVENDER MASK IS THE BEST!



NUTRITION SYMPTOM HELPERS



DASH 1 MUG ICE CREAM  
MAKER!  
USE YOUR FUELINGS TO  
MAKE ICE CREAM!



CHICKEN SHREDDER MAKES  
HARD WORK A BREEZE!



DASH WAFFLE OR PANCAKE MAKER  
MULTIPLE PLATES FOR OPTIONS



Air Fryer for  
fuelings and  
your lean & Greens



Mini Crockpot  
for your soups!



Donut maker for your  
fuelings!



Popsicle maker  
for your shakes!



NUTRITION IS MORE FUN WITH THESE!