| Healthy U | Exercise•Nutrition |
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| ***Healthy Challenge includes…**** **Weekly Online Meal Plans** by Registered Dietitian **(value $400.00)**
* **Weekly Online Exercise Program** by certified Trainers **(value $75.00)**
* **Weekly tips, tricks, and strategies** customized to meet your individual needs. **(value $50.00)**
* **Weekly** **Recipes** to fat burn with an energy boost
* **Unlimited texting/email support** to answer burning questions
* **Weekly Food journal reviews** to tweak your plan, provide new ideas, create inspiration, and accountability
 | A smiling woman holding a phone with a laptop on a table***ELB Consulting***[**www.elb-consulting.com**](http://www.elb-consulting.com)**lburk@elb-consulting.com****847.912.3246****Only $199.00 monthly****Savings $326.00** |