

# 30 DAY NO SUGAR/HEALTHY FAT CHALLENGE

Tired all the time and need an afternoon pick me up?  
Want clearer skin?  
Bloated?  
Carrying a few too many kilos?  
Developing allergies?



If you answered yes to any of these questions, then this challenge is for you!

## What you'll get...

- 1 hour group coaching and info session
- Shopping list of foods and where to buy
- Some simple sugar-free, healthy fat recipes (incorporating dairy/grain/gluten free)
- Wechat group support

## Who's it for...

Anyone wanting to kick their sugar addiction!

This includes:

- Vegetarians
- Lactose intolerant
- Coeliacs or gluten intolerant or sensitive

## Who we are...



**IZA - PRIMAL  
HEALTH COACH**

[WWW.THRIVEINSHANGHAI.COM](http://WWW.THRIVEINSHANGHAI.COM)



**BIANCA -  
NUTRITIONIST**

[WWW.THEFATEXPERIMENT.COM](http://WWW.THEFATEXPERIMENT.COM)



## The details:

- Starts April 1st
- Sign up by Sunday 26th March
- Info session Thursday 30th March
- Cost = 100 RMB
- Sign up and pay via wechat (scan QR code)



**Stop letting sugar rule your life!**