

New Direction  
NUTRITION

# 7 Week Transformation

**Week 1**  
Food & Habits

**Week 2**  
Carbs &  
Blood Sugar

**Week 3**  
Fasting for  
Health!

**Week 4**  
The Key to  
Success

**Week 7**  
Stress &  
Healthy Fats

**Week 6**  
Protein:  
Truth vs Myth

**Week 5**  
Keeping  
Momentum

Scan Me



Contact Me

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Classes Available at Both the Manteno & Mokena Locations  
Secure your spot today before they fill up! We only accept 10 participants for each class!