

STOP BURNING SUGAR

28 DAY MEAL PLAN

Burn FAT! Health and Metabolism-Boosting Program

12 STRATEGY SESSIONS

Unique Action Plans for Your Goals and Lifestyle

BECOME HEALTH & FITNESS INDEPENDENT!

IS THIS YOU?

Always Tired • Weight Loss Yo-yo • Don't Know Where To Start • Lots of Exercise & Diet- NO RESULTS • Constant Junk Food Snacking • Too Busy • Inconsistent • Low to No Motivation

WWW.MLHEALTHFIT.COM/FINALBURN

GET THE FINAL BURN

INCREASE LEPTIN SENSITIVITY

Sugar is burned and fat is stored when your brain can't acknowledge leptin levels due to poor nutrition, leaving you in a constant sugar CRAVE.

RESET HABITS

14 days: create routine

21 days: solidify routine

66 days: establish habit

Which habits have you been feeding?

IMPROVE HEALTH & METABOLISM

Exercise is more effective on a healthy, full-functioning body

REGAIN POWER OF CHOICE

How long has sugar been telling you what to do and what to look like?

FINAL BURN

28 DAY MEAL PLAN

Guided and supported plan that provides the macro-nutritional balances needed to make your brain respond to leptin and burn FAT!
Includes:

- 1- Meal Schedule
- 1- Compatible Foods List for additional snacks/meals
- 42-Protein/Nutritional Bars (metabolism/gut health/vegan/non-GMO)
- 14- Protein/Nutritional Shakes (gluten-free)
- 28-Immunity Health Supplement (aloe extract- Acemannan)
- 28-Betalain Health Supplement (nutrients from beets without the sugar)
- 28-All Natural Berry Energy Drinks (activates ATP)

140 total servings

Leptin signals your brain when you're full and influences your metabolism. Many who are overweight have high leptin levels in their body that the **brain cannot acknowledge due to poor nutrition**. In response, your body goes into "survival mode" and begins to **burn sugar in order to preserve fat**, leaving you in a constant **SUGAR CRAVE**.

12 STRATEGY SESSIONS

Similar to fitness or health coaching, Strategy sessions prepare you to accomplish a goal. What's the difference? **LIFE. REALITY.**

CHANGE. Strategy is implemented- not to immediately change your lifestyle, but to help you maneuver through it so you can get to where you want to be. Mind, body, and spirit values assessments paired with accountability helps you to gradually make the necessary and permanent changes for health and fitness. The right plan of action helps you become **HEALTH & FITNESS INDEPENDENT!**

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HOW IT WORKS

REGISTER

www.mlhealthfit.com/FinalBurn

PLAN OF ACTION

Schedule a **Strategy session** to create your plan of action for the next **90 days**

RECEIVE TOOLS

Once you get your nutrients and supplements- just put some **ACTION** to your **PLAN**- **you'll know exactly what to do!**

ACCOUNTABILITY + NUTRITION

Weekly strategy sessions will keep you on track and accountable. A well functioning metabolism, nourished body, and cleared mind allows you to...

...practice your power of choice

...be more effective at the gym

...be positive and motivated

...want to CHANGE

 ML Health and Fitness
Enterprises