

BODY DIVINE

A Coach KENYA product

It's personal!

30-DAY

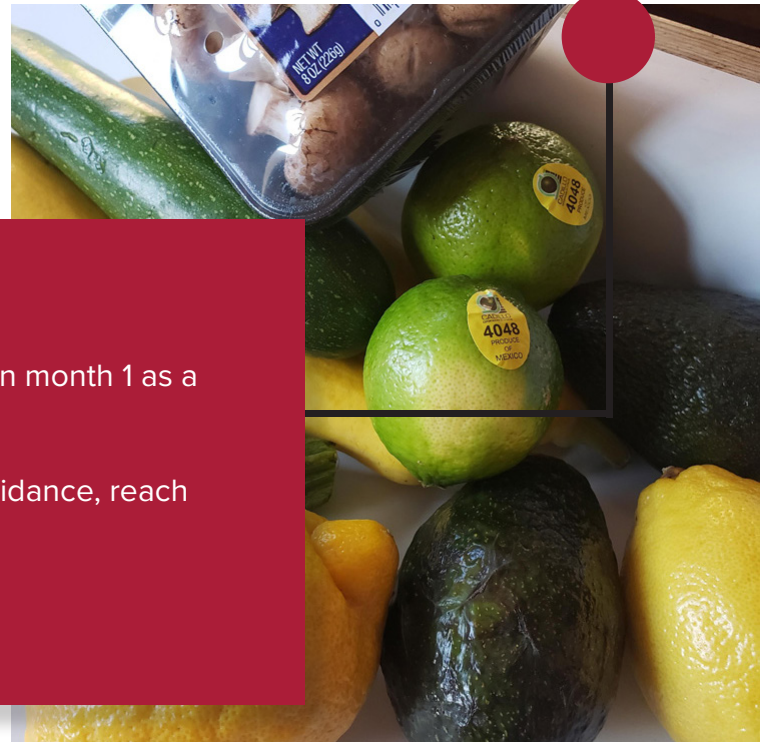
Nutrition & Grocery List



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Phase 1 WEIGHT LOSS GROCERY LIST

This is a grocery list Coach KENYA gives to her client's in month 1 as a Weight Loss List.

You can EAT LIKE THIS and LOSE WEIGHT. For more guidance, reach out to Coach KENYA.

ACTIVATE NOW!

GOOD CARBS

Fresh Salad Greens:

- Spinach
- Cabbage
- Arugula
- Spinach
- Cabbage
- Romaine

Matcha
Collards
Turnip
Mustard
Celery
Garlic
Cilantro
Onion
Peppers
Okra
Asparagus
Cucumber
Broccoli
Brussel Sprouts
Mushrooms
Squash
Cauliflower

FRUIT CARBS

Lemon/lime
Grapefruit
All organic Berries
Tomato
Olives
Avocado

HERBS & SPICES

Ginger
Turmeric
Parsley
Basil
Fenugreek
Bay Leaf
Caraway
Dill
Horseradish
Jasmine
Sage
Vanilla

PROTEIN

Eggs
Red Snapper
Tilapia
Salmon
Mackerel
Tuna
Chicken
Turkey
Turkey Breakfast Sausage
Real Bacon
Shrimp
Crab
Lobster
Pork
Lamb
Beef
Sardines

DRINKS

Water
ACV Water
Infused Water
Green Tea
Coffee
Kombucha

FATS

Butter/Ghee
Olive Oil/Olives
Cream Cheese
Mayo
Avocado
Natural Cheese(s)
Full Fat Dressings
EVOO
Macadamia Nuts
Walnuts
MCT Oil
Coconut Oil



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YOU CAN EAT LIKE THIS - LOSE WEIGHT
and REVERSE DIABETES

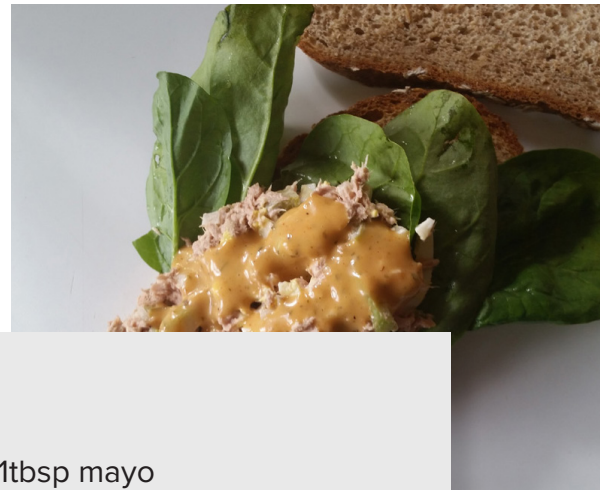
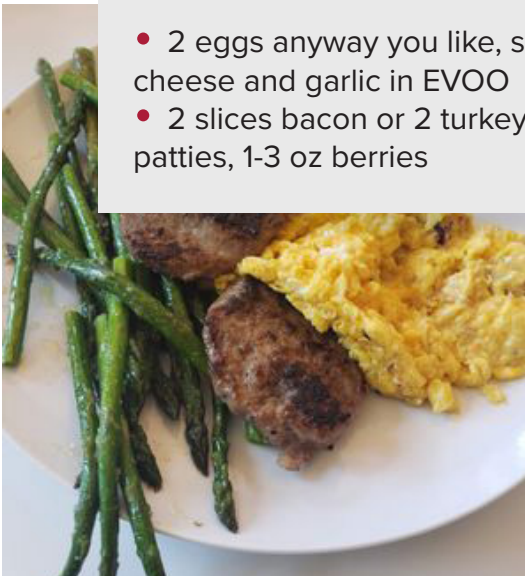
Wanna Know More Secrets on how to lose weight and keep it off?
80% Nutrition 10% Exercise 10% Other

SAMPLE MENU PLAN

ALL MEALS ARE INTERCHANGEABLE

BREAKFAST

- 2 eggs anyway you like, spinach, cheese and garlic in EVOO
- 2 slices bacon or 2 turkey sausage patties, 1-3 oz berries



LUNCH

- 1 can tuna, 1tbsp mayo
- 1 c any salad greens, olives & cucumber, your favorite dressing or EVOO & vinegar
- 1 oz Chips or 7 crackers, 1 oz natural cheese

DINNER

- 3oz - 6oz baked (fish chicken, turkey, pork, beef)
- 1 c raw or cooked collard greens or spinach, small avocado



Transform Your Life at **BODY DIVINE**

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OUR MISSION

Revolutionizing the fitness industry by providing “A comprehensive approach to weight loss” and optimal health through proven practices and education that is affordable to all.

OUR VISION

To be a major player in the fitness, nutrition and wellness industry by assisting and educating people to reach their goals through proven nutritional practices and lifestyle behaviors.

COACH KENYA CATLIN IS THE CHIEF WELLNESS OFFICER OF BODY DIVINE WELLNESS.

She is a Certified Health Coach Practitioner, Motivational Speaker and Author who assists individuals, groups, communities, and corporations in pursuing healthier lives to prevent and manage chronic illness. She has achieved long-term sustainable results among her clients and has been featured on a variety of media outlets from prime-time television to local publications in Chicago.



At BODY DIVINE we change lives by helping people become aware of their habits and how to change them to feel and look better. While fat loss is one of our main goals, we aim to provide entire life transformations from how you look and feel physically, mentally, and emotionally.

Learn more about Coach KENYA's transformational programs by visiting her website <https://www.mybodydivine.com/packages-and-services> or contacting her at **1.833.250.5699** or email **INFO@MYBODYDIVINE.com**