

# Vitali - Start

*Your first step toward sustainable, balanced nutrition*

01



## Who is this plan for?

Perfect for anyone beginning their journey toward a healthier life—without extreme diets or overwhelming rules. This plan helps you build a better relationship with food in a practical, personalized way.

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## What's included:

- Habit Change Guide
- 15 Easy Recipe eBook
- Medical & Lifestyle History Review
- 100% Personalized Nutrition Plan
- Bi-weekly Zoom Check-ins (30 min)
- 1:1 Messaging Support
- (Monday to Friday, 8:00 AM – 5:00 PM EST)
- Monthly Mini Challenge
- 15 New Recipes Delivered Every Month
- Body Measurements Check + Plan Adjustments

03



## Benefits:

- Break free from the cycle of restrictive dieting
- Learn to eat with freedom and awareness
- Build long-lasting habits tailored to your lifestyle
- Boost your energy, confidence, and overall well-being

***Feel better by eating better — one simple step at a time!***

***From \$199 first month - \$129 following months***