

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.

02



What's included:

- Medical & Lifestyle Review
- Personalized Nutrition Plan
- 15 Easy Recipe eBook
- Habit Change Guide + 80/20 Lifestyle Guide
- Label-Reading + Grocery Guides
- Bi-weekly Zoom Check-ins (30 min)
- 1:1 Messaging Support (Monday to Friday, 8:00 AM – 5:00 PM EST)
- Monthly Mini Challenge
- Progress tracking & Plan Adjustments
- VIP Access to newsletter

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, regain your confidence, and overall well-being

Feel better by eating better – one simple step at a time!