

## 28 Day Weight Loss Plan

### Kick Start a Healthy Lifestyle!

This no excuses plan is ideal if you want to make a change in your eating and fitness habits, but lack the time and discipline to stick to a program on your own.

28 days of our healthy meal delivery service and 12 personal training sessions will help you drop those extra pounds and get on track with a healthy lifestyle.

The plan works because it's easy to follow. Nutritious meals and snacks are delivered straight to your door daily and the personal trainers will guide you through a results-driven personal training program.

Plan benefits include weight loss, increase in strength and lean muscle mass, rise in energy levels and confidence.

### Plan Details:

#### Plan A – One on One Training:

28 days of meal delivery from TSG's Zone or Healthy Living Premium programs (3 meals and 2 snacks). The meal plan is tailored to your daily caloric requirements.

3 personal training sessions per week for 4 weeks

Price \$1,880\*

#### Plan B – On-Line Training:

28 days of meal delivery from TSG's Zone or Healthy Living Premium programs (3 meals and 2 snacks). The meal plan is tailored to your daily caloric requirements.

3 on-line training sessions per week for 4 weeks

Price \$1,115\*

### Call Customer Service for Details

**1.877.770.3663**

\*Package prices not in conjunction with any other discounts or offers. Applicable taxes or delivery surcharges extra.