

It's all fun and games until your pants don't fit...

Don't wait until after the holidays to feel your best! Come in, and let's get you to your health goals with the right nutrition and yummy food.

[www.abundelicious.com](http://www.abundelicious.com)

## HOLIDAY SPECIALS

Free month of meal plans when you sign up as a new client - ~~\$24.99~~ FREE!

NEW client package = ~~\$265~~ \$225

Existing client package = ~~\$135~~ \$125

\*dont be pokey! Packages expire March 30th, 2016  
Inquire for details.. Makes a yummy gift!



**New client package includes initial consultation + three follow-ups sessions.**

**Existing client package includes three follow up sessions.**

**Both packages can be in person, Skype or over the phone.**

**Call our office at 262.695.5311 to schedule**