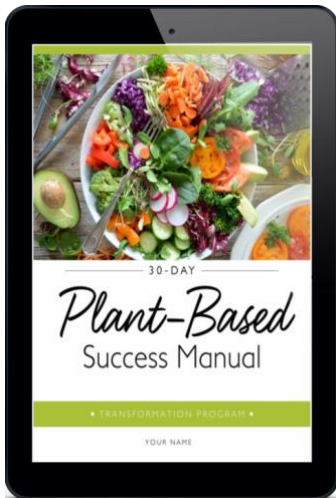


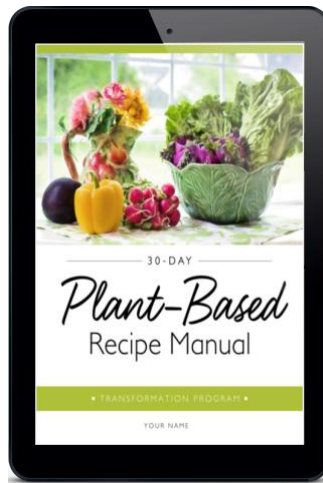
GET YOU IN SHAPE COM

30 Day Plant Based Program

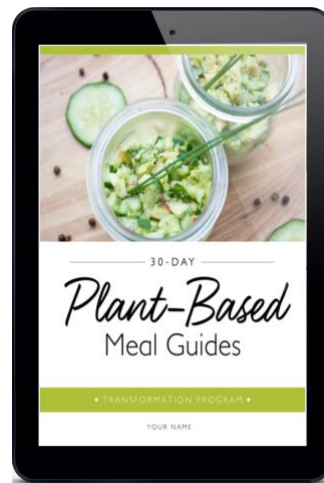
Click on the pictures and text to download each PDF Below. If you want the MyCoach App program with 30 Days of Daily lessons, tips and accountability, email brad@getyouinshape.com



Success Manual



Recipe Manual



Meal Guides



Macro Breakdown

- GYIS Plant Based Worksheets
 - Personal Commitment
 - Client Checklist
 - Goals Worksheet
 - Measurement Worksheet
- GYIS Plant Based Weekly Meal Guides & Grocery Lists
 - GYIS Week 1 Meal Guide & Grocery List
 - GYIS Week 2 Meal Guide & Grocery List
 - GYIS Week 3 Meal Guide & Grocery List
 - GYIS Week 4 Meal Guide & Grocery List
 - GYIS Week 5 Meal Guide & Grocery List
- GYIS Plant Based Macros & Nutrition
 - GYIS Week 1 Macros & Nutrition
 - GYIS Week 2 Macros & Nutrition
 - GYIS Week 3 Macros & Nutrition
 - GYIS Week 4 Macros & Nutrition
 - GYIS Week 5 Macros & Nutrition