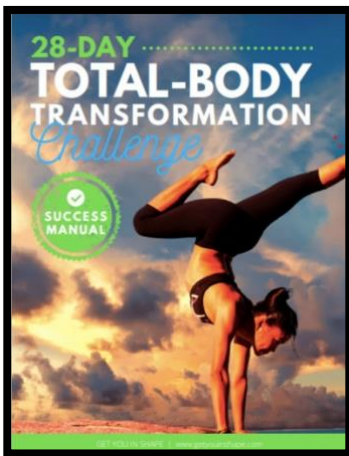


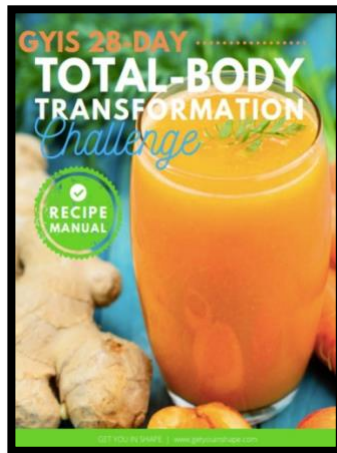
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28 Day Program

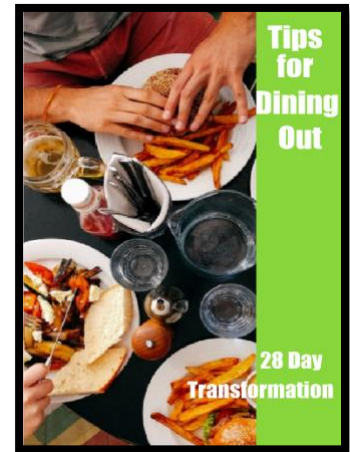
Click on the pictures and text to download each PDF Below.



Success Manual



Recipe Manual



Dining Out Guide

Goals Worksheet

- GYIS Weekly Meal Guides & Grocery Lists
 - GYIS Week 1 Meal Plan
 - GYIS Week 2 Meal Plan
 - GYIS Week 3 Meal Plan
 - GYIS Week 4 Meal Plan
- GYIS Plant Based Macros & Nutrition
 - GYIS Week 1 Grocery List
 - GYIS Week 2 Grocery List
 - GYIS Week 3 Grocery List
 - GYIS Week 4 Grocery List