

Lana's Nutrition

# 3-Month Transformation Program

## Sustainable Change Without Diets or Extremes

This is not another meal plan. And it's not about chasing perfection.

This is a 3-month coaching program designed to help you rebuild trust with yourself, feel more in control around food, and create habits that truly fit your real life - long-term.

Together, we work on the deeper patterns behind overeating, inconsistency, guilt, and the "starting over" cycle, so you can finally create change that feels sustainable instead of exhausting.

### Who is this for?

This program is for you if:

- you've tried multiple diets but always end up back at the beginning
- you feel stuck in an all-or-nothing cycle with food
- you struggle with emotional eating, cravings, or overeating
- you want to lose weight without restriction or obsession
- you want to feel calmer, more balanced, and more confident around food
- you're ready to stop constantly "starting over"



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## How the program works

The program is structured, but always personalized to your lifestyle, challenges, and goals.

### Month 1 - Foundations

We simplify nutrition and create stability.

- balanced meal structure without overcomplicating
- understanding hunger & fullness
- improving energy, appetite, and daily routines
- building habits that fit your real life

### Month 2 - Real Life & Mindset

We work on the situations that usually lead to frustration or setbacks.

- emotional eating & cravings
- weekends, social events, stress, and busy days
- letting go of guilt around food
- shifting the "all or nothing" mindset

### Month 3 - Long-Term Change

We focus on consistency, confidence, and independence.

- building trust with yourself
- creating sustainable routines
- learning how to maintain progress long-term
- feeling more calm and in control around food and your body



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## What's included?

- in-depth initial consultation
- weekly 1:1 coaching sessions (online)
- weekday WhatsApp support
- personalized guidance tailored to you
- practical PDF guides and tools
- ongoing adjustments based on your progress

## Duration

3 months.

After the program, you can continue with additional support if needed – but the goal is for you to feel confident, independent, and able to maintain your progress without relying on strict rules.

## Investment

300 € / 3 months  
(payment plans available)

## Important

This program is not about being perfect.

It's about learning how to work with your body instead of constantly fighting it. If you're ready to build a healthier relationship with food, feel more in control around eating, and create habits you can actually maintain – you're in the right place.

Apply for a consultation or send me a message to get started.

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