

Lana's Nutrition

# 30-Day Reset Build Balanced Habits Without Diets or Extremes

## **Build Balanced Habits Without Diets or Extremes**

This is not a detox. Not a strict meal plan. And not a "perfect month."

This is a 30-day coaching program designed to help you feel more in control around food, create simple habits that fit your real life, and build momentum without overwhelm.

Perfect if you want support and structure - but aren't ready to commit to a longer program yet.

### **Who is this for?**

This program is for you if:

- you feel stuck in an "all or nothing" cycle
- you want to stop constantly starting over
- you struggle with consistency
- you want simple guidance without restriction
- you want to feel better in your body and daily routine
- you're looking for a realistic approach you can actually maintain

### **What we focus on?**

During these 30 days, we focus on the foundations that make sustainable change possible:

- creating balanced meals without overthinking
- improving hunger & fullness awareness
- reducing overeating and emotional eating patterns
- building routines that fit your lifestyle
- learning how to stay consistent without perfection

The goal is not to be perfect.

The goal is to create momentum and feel more confident around food and your habits.

**Reserve Your Spot Today!**

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## What's included?

- in-depth initial consultation
- weekly 1:1 coaching sessions (online)
- weekday WhatsApp support
- practical guidance tailored to your lifestyle
- simple PDF guides and tools
- personalized adjustments throughout the month

## Duration

30 days.

After the program, you'll have the option to continue with deeper support inside the 3-Month Program if desired.

## Investment

120 € / 30 days

(limited spots available)

## Important

This program is intentionally focused on foundations and sustainable habits - not quick fixes or extreme results.

If you're looking for a realistic way to feel better, build consistency, and improve your relationship with food, this is a great place to start.

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

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