

DANNA GIROUX PRESENTS:

GET BACK YOUR

glow

MEAL PLANNING PACKAGES /PERSONAL TRAINING



WHAT YOU RECEIVE

CUSTOMIZED MEAL PLANNING SUPPORT (INCLD. A RECIPE EBOOK)

Customized meal plans and recipe books that will support you on your journey! No more stressing about your meals! I'll review your questionnaire, food and drink log and after a 30 minute call will provide exciting new meal ideas based on your personal preferences. I'll show you how to make your cooking easy and delicious – making food that nourishes on all levels.

1 MEAL PLAN = \$350

2 MEAL PLANS = \$600*

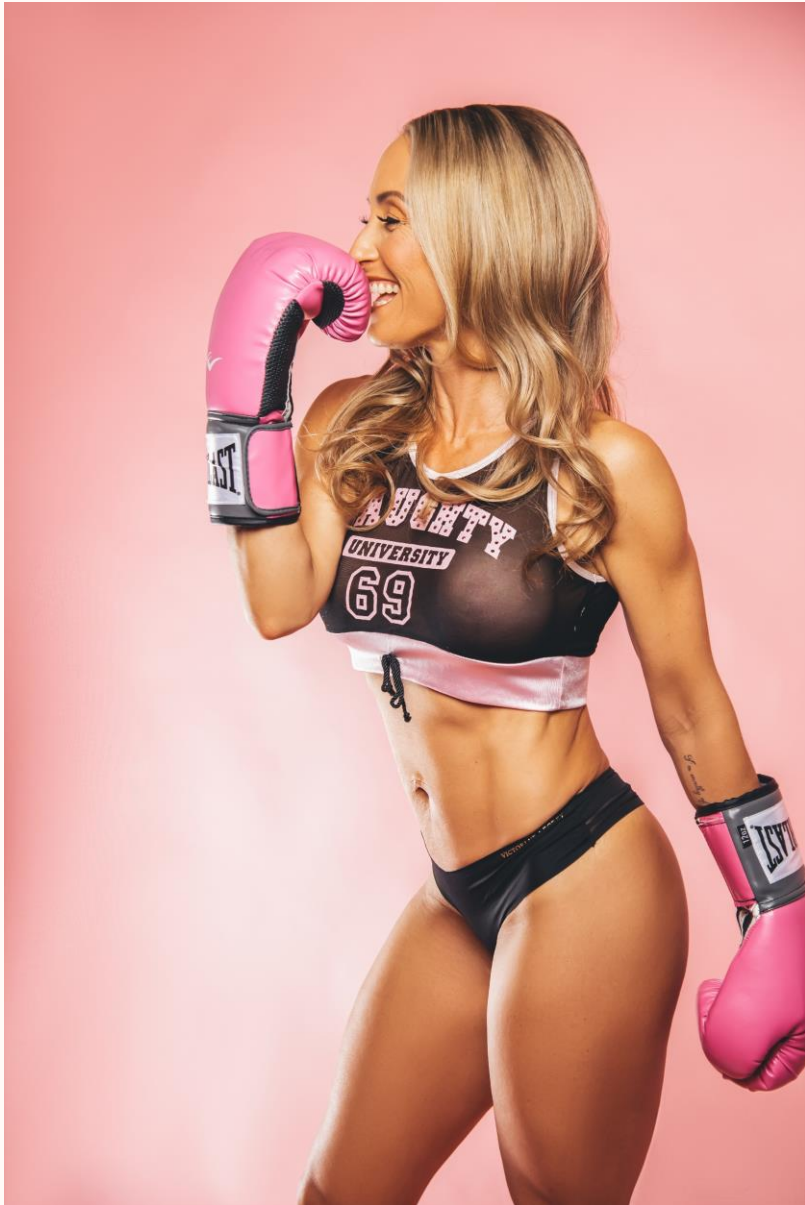
4 MEAL PLANS = \$1111*

* New meal plan sent every over the week.

EMAIL / TEXT ACCESS – for packages of 2 meal plans or more

You are never alone on this journey! For any and all questions between our sessions you'll have limited email and text access to me. You can use this to help you make empowered choices, boost your confidence, receive grocery store support & more.
(value \$75)





WHAT YOU RECEIVE

VIRTUAL PERSONAL TRAINING

Customized live virtual personal training sessions that will support you on your journey! Each 45 minute session, 2 sessions per week, will motivate, inspire and empower you in your mind, body, soul transformation.

MONTHLY MEMBERSHIP \$1,111

EMAIL / TEXT ACCESS

You are never alone on this journey! For any and all questions between our sessions you'll have limited email and text access to me. You can use this to help you make empowered choices, boost your confidence, gain clarity regarding exercises & more.

(value \$75)



WHAT YOU RECEIVE

UNLIMITED ACCESS TO “GET BACK YOUR GLOW” PRIVATE FB GROUP

Join our community of like-minded women! Receive support as you navigate this journey, share and connect with other women on the same path as you, and get exclusive nutrition / fitness / wellness tips! This is a compassionate, supportive, judgement-free, and educational space – where we’ll approach topics such as: wellness, relationships, sexual health, nutrition, fitness, self-worth and self-esteem, mindfulness, positivity, and more.

(value \$297)

TESTIMONIAL:

“Working with Danna completely changed my life. She is the reason I was able to get back on my feet when I had been physically broken and mentally lost. And based on her recommendation we focussed on nutrition and mental wellness.

For nutrition we looked at my eating habits, what I liked and didn’t like. Danna was able to recommend sound detailed nutrition plans that were easy to follow and sustainable, as well as specific for me and my lifestyle.

I could see how this fit into my mental wellness. We spent a lot of time talking about where I was and where I wanted to be. The daily check-in’s, the well thought out probe questions, as simple as they were, really helped me reflect on my answers. It was a discovering journey that I will forever be grateful for and to this day a year later I still practice”.

- Victoria Baclao