



EAT-CLEAN ¹

This is the 1st workshop in the series.

EAT-CLEAN BEYOND ²

We will take a more in depth look at what you are and are not eating. For fine-tuning & refreshing.

EAT-CLEAN MAKEOVER ³

For those who have worked with me before. Food logs will be distributed and analyzed.

EAT - CLEAN WORKSHOPS

Grocery Lists

Let's clean out your pantry & grocery shop for quality foods for your body to burn that stubborn fat!

Snacks

Quick, cheap, & simple! Learn what and how to prepare for any event - luncheons, meetings, soccer field, car trips, and

Quick

Breakfasts, snacks, eating on the run...it can be done! Ideas, preparation, and the know-how to eat in a snap!

Subscribe at

TrainWithJess.com

Receive upcoming workshop schedule, recipes, workouts, and more!



The majority of the population does NOT eat to FUEL the body for energy and efficient fat burning. Eating clean, fun, and good tasting food is realistic and it can be done but you need the tools on how to do it! Once I show you how to grocery shop, how to prepare foods and have them ready to eat in the car/office or on the run, you will drop the fat!

Contact Jessica Milligan with questions or to register

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