

3 Weight Loss Mistakes You Need to Fix #3

Hey there, I'm Jaime, owner of No Getting Off This Train and in this video I'm going to share everything you need to know about Meal Prep for Weight Loss and how it can help you learn to prepare healthy food every week to help with weight loss.

I created this program because my readers struggle with losing weight. They feel like they've tried everything but don't have a good solid plan to keep them accountable with healthy eating. I was the same way. And then I discovered how, in just one hour a week, to prep foods that fuel me and make it easier to eat healthy.

And that's what I want for you too.

Imagine how it will feel to finally stick with your weight loss plan. Imagine having the knowhow to prep amazing healthy food that you know you'll eat and not waste. Imagine being connected to others who are on the same journey as you... all committed to their health.

So if you're a mom looking for ways to feed your family healthier food but you don't know where to start; or you're wanting to lose weight but can't figure out a plan; or you just aren't sure where to get started with meal prep, Meal Prep for Weight Loss can help.

So what exactly is this course about?

Meal Prep for Weight Loss is designed as a blueprint for meal prep. I created this course for three kinds of people:

- Those who want to lose weight but don't have the motivation to stick to it.
- Those who want to meal prep every week but don't have time.
- Those who want to meal prep but don't know how to make it work for their family.

A lot of people think that prepping food is only for bodybuilders and has to be Instagram pretty. But that's not the case!

This course goes through, step-by-step, how to calculate your calories for weight loss, how to start your first meal prep session, and how to stay consistent

with it to help you lose weight.

In addition to the quick 5-minute video sessions, you also have access to the following:

- 3 sample meal prep sessions that include videos, a printable grocery list, and cooking plan

- 3 sample, generic meal plans for a 1,500 calorie, 1,800 calorie, and 2,000 calorie diet

- Weight loss trackers to set your goals and progress to keep you accountable

- Meal prep cheat sheets so you can plan your meal prep sessions every week

- A Facebook group where you can post your meal prep sessions, your weight loss progress, and get ideas and inspiration

And for those that sign up this week only, you'll be entered to win one of three one-on-one sessions with me to help you design your own meal plan. This includes a 25-minute phone call and a PDF file of your meal plan with a grocery list and recipes, and is a \$50 value.

You should also know that Meal Prep for Weight Loss comes with a 100% money back guarantee. I want you to feel confident in your decision, and that's why I invite you to test drive the program 100% risk free. If you give it a genuine go and you don't feel like I delivered on my promise, ask for a refund.

Of course, at this point, you probably only have one big question left—what's the investment?

The price for Meal Prep for Weight Loss is \$59.00. And while it IS an investment now, think about how this will help you save money on the food you waste because you end up not using it. Think of how your life will be transformed because you made healthy eating a priority. And this one-time investment will give you lifetime access to the course, so you can use these resources again and again.

As you consider joining us, I want you to think about what would be different in your life six months from now if you decide not to commit. Probably nothing right?

To make the progress you want in your life, you've got to commit to change. This is the program that can get you the results you want. Registration is open now, but only for a few days, so don't wait.

Instead, ask yourself this...

What is important in your life right now?

What do you want to achieve in the months ahead?

What goals do you have related to weight loss that keep getting pushed to the back burner?

You have an opportunity to do something about that right now. Today.

I couldn't eat as healthy as I do now without my weekly meal prep. This process has changed my life, and I know it can do the same for you.

Meal Prep for Weight Loss is a program that will change the way you eat. And that is why

I invite you to say "yes". Yes to healthier eating. Yes to motivation to losing weight. Yes to healthy habits.

Click the button below and register now. I'll see you inside the program.