



SIMPLIFY HEALTHY LIVING

THE MAMA WAY

"I like to prep on Monday, that way as I prep I'm making what we'll be eating that day and it cuts down on mess."

I prep as much as I can on Mondays, but you can choose the day that works best for you. The key is getting kids and your own lunches made for the week as well as breakfast.

So, how does this work?

Keeping little humans alive is hard enough, but then throw in the mix taking care of yourself and your body. Yikes.

I've got you, I see you and I HEAR you! This healthy lifestyle thing is hard but let me make it loads simpler.

What if there was a world where you didn't have to think about:

- What's for dinner?
- Grocery lists
- Working out
- Getting the laundry done and lunches made!

Well, sweet dear friend, there IS! And this is it. This is a FULL free week of me doing it all for you! Yummy healthy food (that takes MINUTES to prepare), your shopping list, a week of practical movement for your body to keep it healthy, and the schedule you can follow to give you the extra moments with the kids or to just sit and finish your coffee, HOT!

WWW.JBRAZEAL.COM