**Response to 21 Day Fix Inquiry**

Thanks for inquiring.

Here is the info…

It is 30 min workouts per day that you do from your home. 30 meals, which is 1 shake per day, that is superfood loaded. I’ve been drinking it for lunch for 5 yrs.

The portion controlled containers and nutrition plan that tells you what to eat and how much. So simple to follow.

Access to me as your Coach to support you through your journey and a group of other ladies all doing the same. Like minded, amazing people

So it’s like having a personal trainer, nutritionist, personal coach and support group
all for just [$160](https://www.facebook.com/erin.ernest1/posts/10153619228792309?comment_id=10153619247992309&notif_t=feed_comment_reply&notif_id=1460393083977841) US dollars or [$184](https://www.facebook.com/erin.ernest1/posts/10153619228792309?comment_id=10153619247992309&notif_t=feed_comment_reply&notif_id=1460393083977841) Canadian with a complete 30 day money back guarantee.

What I love most about that price is that it would cost you close to that for just 1 service from a personal trainer/nutritionist.

How does that sound?

Nicole

\*\*There is also an option for just the Fix for [$60](https://www.facebook.com/erin.ernest1/posts/10153619228792309?comment_id=10153619247992309&notif_t=feed_comment_reply&notif_id=1460393083977841) but I REALLY like my clients to do the FULL on program for success with Shakeology for at least first round\*\*