



Purely Peach Nutrition

HEALTHY FROM THE INSIDE OUT

Ashleigh buxton (BSc)

P: 0431 399 776

E: ashleighbuxton@hotmail.com

W: purewellnessbypeach.com

Approach.

Focus on supporting an overall healthy body inside and out

Focusing on BODY FAT LOSS and MUSCLE MAINTENANCE WITHOUT sacrificing energy levels/hunger or overall wellness to achieve it

Focus on using nutrient dense whole foods using a variety of tasty, family friendly recipes and minimising processed & packaged foods

INDIVIDUALISATION for your energy requirements and goals-There is NO ONE SIZE FITS ALL

Implementing Macronutrient Balance (Protein, Carbohydrates and Healthy Fats) Plus knowledge to understand this

Learn to understand and identify how different foods can make YOU feel to help you make informed decisions around food long term

Knowledge to understand how eating this way can benefit long term so that this way of eating becomes a lifestyle rather than a quick fix/fad

Benefits.

BODY FAT LOSS through balancing blood sugar levels and supporting a healthy inside-Aim to lose 500g-1kg/week = 2-5kg on average weight loss per month

Improving ENERGY levels and SLEEP quality

Reduce BRAIN FOG and improve CONCENTRATION

Supporting HORMONES and MOODS naturally through food

Supporting HEALTHY DIGESTION

Reduce digestive discomforts such as BLOATING, PAIN/CRAMPING, CONSTIPATION/DIARROHEA, HEARTBURN etc

Reduce CRAVINGS and HUNGER

The most common surprise for clients is how much food they can actually eat AND lose weight at the same time. NEVER go hungry again or sacrifice your wellness for your weight! Both can be achieved simultaneously!

Reduce INFLAMMATION through reducing common possible inflammatory foods and drinks-Identify if any are particular triggers for yourself

Program Options

Individualised 6 Week Program

\$570 All Inclusive

*Are you wanting to lose weight without feeling hungry and tired?
Are you frustrated at working so hard to achieve a goal and being at a standstill?
Want to be told exactly what you need to do for YOU?*

1. INDIVIDUALISED 6 WEEK MEAL PLAN Structured 4 Weeks + 2 Weeks Self Planning with Support
2. Access to specific RECIPE DATABASE with MACRONUTRIENT BALANCED RECIPES-allocated based on your INDIVIDUAL ENERGY REQUIREMENT and GOAL
3. SHOPPING LIST-First 2 Weeks to Begin
4. WEEKLY ONE-ON-ONE FOLLOW UP- Including Questionnaires/Measurements-Completed via email
5. My SUPPORT/ACCOUNTABILITY for the 6 weeks-Including changes if necessary
6. Nutrition EDUCATION SUPPORT GUIDE- Understand the basis and principles behind the program and includes tips and information to help you continue implementing long term
7. 20% True Protein Discount