

A RECIPE FOR DETOX
DESCRIPTION & AGREEMENT
Fall 2015



It is a pleasure to welcome you to my program: During this food-based detox, you will not only have 5+ days to fuel your body into rejuvenation, but you will also gain tips and recipes along the way. These tools will not only allow you to recreate the detox again in the future, but also provide insight and knowledge into how you can encourage a healthier relationship to food in general.

Please read the following. If anything is unclear, please ask.

This Agreement is made today between the A Recipe For Wellness LLC, and the person named at the end of this document, [the Client]. The Program in which you are about to enroll will include all of the following (**BOLD indicates FULL program**):

- A. One personal coaching session to review health & diet history
- B. One group session to
 - 1. review the detox guidelines
 - 2. explain what to expect
 - 3. set individual goals
 - 4. answer questions
- C. GUIDELINES with detox protocol as well as post-cleanse recommendations
- D. Recipes/Shopping List/Meal Plan for all 5 days of detoxing
- E. Email support (Daily email with recipes, suggestions and tips)
- F. Group support via online forum
- G. Post-cleanse group call (or in-person session) to celebrate and review the experience
- H. Journal and tracking documents
- I. Products to encourage cleanse, eg. beverage samples
- I. **Meals for 5 days (see program options below under payments)**

SCHEDULING (PLEASE CIRCLE):

Programs scheduled: Sept 14-18 Oct 5-9 Nov 2-6 Dec 14-18

PAYMENTS & REFUNDS

The cost of the FULL program is \$80/day, and includes ALL meals, including snacks. All program options listed below include the guidelines and daily support via group and personal emails, texts and phone calls as listed above. Under no circumstance will the Counselor refund any payments made by the Client. By signing this Agreement, the Client agrees to be legally obligated to pay the full amount of this Program. **Please indicate which level you will be choosing.**

MEAL OPTIONS	Breakfast & Lunch	Snacks	Dinner	
BASIC				\$75
BASIC +	X			\$225
POWER	X	X	X	\$400

