

Plant-Based From Scratch VIP Day With Akilah



Healthy doesn't have to be hard, nor does it have to take a long time to experience, but when you're a busy person, living in a world full of constant temptation, putting in the work to change your diet and lifestyle habits often times gets pushed to the back burner, leaving you stuck in your old ways, with health issues that never get better.

But what if it didn't have to be that way...

What if you didn't have to figure it all out on your own, or have to spend months or even years, endlessly googling natural remedies or binge-watching plant-based cooking videos on YouTube, before finally feeling prepared enough to make the change?

What if you could have it all **DONE FOR YOU**, in just **ONE DAY**?

I know that probably sounds too good to be true, but with the right support, and the right resources, it's definitely possible to make the shift to a healthy, plant-based lifestyle, simple and fool proof! and to help you see it for yourself, here's a lay of the land, so that you can see how a VIP Day with me, can quickly, and easily get you the transformation you're looking for!

Plant-Based From Scratch VIP Day Overview

Step 1: Discovery Call

- This is where you and I chat so that I can learn more about your specific needs and determine if a VIP Day with me is the right fit for you. If the stars align, (and I'm sure they will), I'll get you scheduled for your VIP Day.

Step 2: Pre-Work

- Once you complete the booking process, you will be given access to your client portal, which will contain some pre-work that you'll need to complete in order to get prepared for your VIP Day. You should anticipate to spend 1-2 hours completing your pre-work.

Step 3: Strategy Session

- Before your VIP implementation day, we will link up via a virtual meeting for 1-2 hours to strategize.
 - We'll uncover your biggest pain points, identify your self-sabotage behaviors and their triggers, and outline your goals.
 - I finish up by building out a holistic success plan for you to implement, that will contain herbal recommendations, diet and lifestyle guidance, and/or other holistic health practices to help you address your biggest pain points and combat self-sabotage.

Step 4: VIP Implementation Day

- This is where all of the magic will happen! We will meet virtually for up to 6-hours, and during our time together we will:
 - Start by reviewing your completed success plan and discuss my recommendations to support your health and wellness goals.
 - Have an introductory learning session to cover the basics of a plant-based lifestyle. We'll also learn how to use my traffic light eating method to easily identify which foods to eat/avoid for optimal wellness.
 - After the learning session we'll perform a pantry assessment to identify problem foods and then assign healthier, plant-based substitutes for all of you go-to pantry staples.
 - Next, I'll introduce you to the best plant-based alternatives for all of the staple foods you like to eat/cook with, then teach you how to use my meal remix tool to convert all of your favorite go-to meals into plant-based versions.
 - Last but not least, we'll finish the evening with a hands-on cooking session so that I can show you my best techniques on how to use the plant-based substitutes you learned about.

Step 5: Post VIP Day Off-boarding Call

- Following your VIP Implementation Day, we will have 30-minute wrap up call where I will discuss additional resources to support your continued progress.
- Here's what you'll get:
 - 6-month access to the Plant-Based From Scratch Resource Library full of learning videos, resource guides, recipes and more!
 - 30 days of accountability which includes text support and bi-weekly check in calls to support you as you work to implement everything you have learned.

The Transformation You'll Receive:

Remember how I said with the right support, and the right resources, you could do the impossible, in record breaking time? Well, here's my promise to you...

After completing a VIP Day with me:

- ✓ **STRATEGY:** You'll no longer have to stress about what to do to naturally heal your body of your health issues, because you'll be equipped with a bullet proof success plan, and all of my best tools and resources to help you get rid of them.
- ✓ **CLARITY:** You'll finally have a clear understanding of how to build a healthy, and balanced plant-based lifestyle that gives you everything your body needs, and nothing is does not, so that you can feel safe and secure moving forward with your plant-based transition.
- ✓ **CONFIDENCE:** You'll no longer have to be afraid of experimenting with plant-based foods, because you will know how to confidently make any meal 100% plant-based, without having to sacrifice your taste buds! You'll also have your own custom meal bank full of meals to prepare that you already know and love, so that plant-based cooking is easy and enjoyable!

Ready to start your journey to a healthier you?

Schedule a discovery call now and let's get you started!

[SCHEDULE NOW!](#)