



6 WEEK NUTRITION PROGRAM

APEX NUTRITION PROGRAM

Apex Nutrition is bringing you a 6-week program that offers nutrition support and education to improve overall health, energy and nutrition.

WHATS INCLUDED:

- ✓ Phone Consultation x 15 mins
- ✓ Weekly Excel Check Ins
- ✓ Nutritional Email Series
- ✓ Apex Member Hub Access
- ✓ Nutrition Resources & Recipes
- ✓ Supportive WhatsApp Group

