

FoodSense AtoZ

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SHARON MADSEN FOODSENSE A TO Z

Nutrition Consultant, Western Herbalist,
Author, Speaker

Sharon will share her unique and proven strategies and recipes for maintaining a healthy diet while on a busy schedule.



Given the pace of today's life styles, moms, dads, students, singles, almost everyone can benefit from improving their nutrition "on the go."

A healthy grab and go breakfast, and nutrition-filled lunch box, will speed you on your way towards getting fit and increasing your energy and stamina for work or play. Eating for Fuel, helps you

Power through the day.

TOPICS COVERED WILL INCLUDE:

- Morning and the Night before - Fast and Healthy breakfast suggestions.
- How to store and transport your healthy choices makes it even easier to reach your food goals at work, school or on the go.
- Staying out of the Drive Through. Feed you and your family a "healthy meal" in a hurry and save \$\$.
- Easy Crock Pot Dinners that will be ready when you are.
- Cooking and prep on Sunday will get you thru to Thursday.
- Packing an ice chest for School, Games, Work or Travel.

Let Sharon ***"Help you Make Sense of Food On the Go!"***

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