

Subject: Your Monthly Meal Plan and Recipe Guide Have Arrived!



I am so excited to share these recipes with you!

[CLICK HERE](#) to download **Your Monthly Meal Plan and Recipe Guide.**

This guide is for you if you have been looking for new and exciting recipes and a monthly meal plan.

If there is anything I would love for you to take away from this guide is that clean eating is a lifestyle committed to **wellness**. It is not a fad diet.

This is about more than losing weight; it is finding your healthiest and best self.

It is about showing you that eating healthy and clean can also be simple and easy. This is great because I know you are too busy to try to figure out some complicated way of eating.

If you're skeptical now, get back to me after you have a chance to try the recipes.

I promise you'll change your mind.

Be well,

Kathy DePalo-Mooney

DITCHTHEDIETSTODAY.COM

P.S. I have a monthly group that focuses on helping busy individuals implement and maintain a clean eating lifestyle. We would love to meet you. Click [here to join](#).