

## The Little Black Dress Project will include...

- **Step-By-Step Fool Proof Daily Diet Plan** - You'll get 4 weeks of done-for-you meal guides that are 100% Registered Dietitian approved. It's a real, whole-foods based guideline that you will absolutely LOVE!
- **One-On-One Set Up Meeting** - a LBD professional will meet with each and every LBD participant individually to complete, weight & measurement, body composition test and "before" pictures.
- **Recipe Guide** - complete recipe manual filled with whole-foods based, incredible recipes like One-Pan Balsamic Chicken & Vegetables, Caribbean Lettuce Wraps, Cucumber Mint Smoothie, and a lot more!
- **4 Weekly Grocery Lists** - Each week will come with a complete grocery list that you just have to print and take with you to the grocery store!
- **Success Manual** - 23-pages designed to empower and educate you about nutrition and how to live a healthy lifestyle. It's loaded with success tips and strategies to help you get the best results possible.
- **LBD Team Training** - each participant is strongly encouraged to participate in one of the four LBD Team Training sessions provided each week.
- **Closed Facebook Group Support With Daily Coaching** - Upon joining, you will be invited to join the LBD closed facebook group. This group will be used to ask questions, give advice and much more!
- **Monday night in-house group meetings lead by a LBD professional** - each Monday, there will be a LBD group meeting held in Studio 2 at 7 pm. This will be a great time to speak in person, ask questions and talk about the program.