



**savory living**  
Eat right. Live better.

# TAKE CONTROL OF HOW YOU EAT AND FEEL.

**NO Cost for MMHG Members**      **Reduce Inflammation. Improve Your Health.**  
**Enjoy eating TONS of healthy foods!**

## The Savory Living - Eat Right For You Program

12 Sessions. Self-paced. Online. On-demand.

With step-by-step guidance and one-on-one coaching support, you'll eat to get to your ideal weight, reduce inflammation, discover the foods your body does best with and learn fast cooking & flavoring skills that make healthy eating simple, delicious and something you love and can stick with!

### It Starts With You

Whatever you're trying to solve, we'll help you figure it out...

**Weight loss with real food.**  
Real habits that help stubborn weight come off  
Eating well on or off GLP-1s

**Busy life? Make food easier.**  
Learn easy planning, cooking & flavoring skills  
to save time & eat well daily

**Lower blood pressure.**  
Calm inflammation & support heart health

**Improve blood sugar & A1C.**  
Eat in a way that lowers sugar and cravings

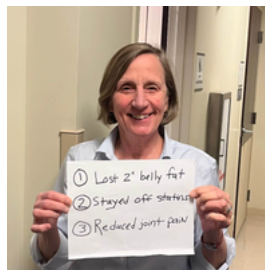
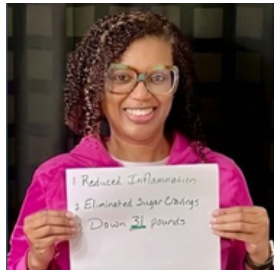
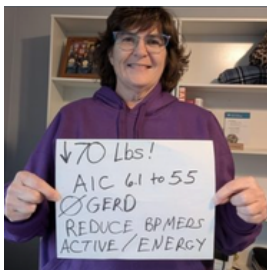
**Better sleep, energy & focus.**  
Eat in a way that works for your body

**Goodbye gas, bloating & heartburn.**  
Improve digestion, immunity and feel more comfortable

### What You'll Gain

With the *Savory Living - Eat Right For You Program*, you will...

- Reduce inflammation
- Lose weight, gain energy, improve sleep & focus
- Bring key health indicators into GREEN zone: blood sugar, cholesterol & blood pressure
- Discover what works best for your body
- Learn fast cooking & flavoring skills
- Get personalized coaching support to get it right for you
- Create a lifestyle you love and can stick with



"Everyone should do this program! I have cardiovascular disease in my family so trying to be more heart healthy has been a goal of mine. I just absolutely loved all of this information and the program gave me just the right amount of information and encouragement along the way. I lost weight (22 lbs), lost belly fat (3 inches), got off my statins and have less cravings. I wish I had done this earlier in life!" —Susan D



**Sign Up Today - Limited Spots**  
[savoryliving.com/mmhg](http://savoryliving.com/mmhg)

