



THE FRESH LIFE
INTERNAL MAKEOVER
journey



ABOUT THE FOOD





ABOUT THE FOOD IN THE FRESH LIFE INTERNAL MAKEOVER PROGRAM

Throughout The Fresh Life Internal Makeover Program you will be receiving Clean Eating Recipes.

Empowerment through food...

The Fresh Life Internal Makeover Journey is designed to give you and your family, the tools you need to create optimal health, energy and vitality, from the inside out, and one of the most important aspects of this Journey is that you (and the family) enjoy the food!

Its Fresh, its Clean, and it's made from real, whole foods...

The Fresh Life Internal Makeover Journey is all about learning why, and *how*, to easily embrace a Clean Eating and Clean Living way of life to help you and your family improve overall health, aid permanent, healthy weight loss, and help you to improve your and your family's quality of life. And because food is the most important part of this Journey, providing you with delicious, easy-to-make Clean Eating Recipes is one of the most important parts of the whole Program.

You are probably already familiar with what Clean Eating is, especially if you have subscribed, downloaded, or watched any of the following awesome Fresh Life Freebies that are going around... Your Free Gift: "Cheat with the Right Treat: My Top 5 Guilt-Free, Sweet Treat Recipes" when you originally subscribed to freshlifejourneys.com, or if you signed up and watched my Free 3 Part Video Series, called: "3 Secretly-'Evil' Ingredients, Hiding In Your Kitchen", or *most* especially, if you have already had a chance to attend/watch one of my Free LIVE Webinar Masterclasses (online or in person), called: "What The Hell Is So Wrong With What I'm Eating, Anyway?"





If you missed one or more of these, no worries, one of the great things about this Program is that I have included ALL that material for you within this Program, so you can easily access/watch, and benefit from the content, ANYTIME! With Lifetime Access to the Program you will be able to find it all here, on The Fresh Life Internal Makeover Membership site.

So just to give you an idea of what to expect, all recipes shared with you throughout the Program follow the Clean Eating Principles as set out in the Program. you will be learning more about Clean Eating, in greater detail, when Week 2 / Module 2 rolls around, but for now, the main thing you need to know about the food is that I focus on having Recipes that only have the cleanest, most nutrient-dense, least toxin-laden ingredients possible.

You will see that Recipes are simple, and are made with mostly plant-based, whole foods. I have also tried to make sure that the Recipes call for ingredients that are easy enough to find and buy.

How to avoid hidden nasties...

This Journey is about bringing more awareness to the fact that many of the foods we eat on a day to day basis, are secretly-‘evil’, hiding nasties that compromise our and our family’s health, wellbeing and quality of life. Again, this will be covered in more detail in Week 2 / Module 2, but a simple rule of thumb is to stay away from as many pre-made, pre-packaged, manufactured, processed, and packaged foods, especially those with a long shelf life.

The health-giving principles of a Clean Eating way of life...

The principles of the Clean Eating and Clean Living Lifestyle brings awareness to what are the best, cleanest, most health-giving whole food ingredients we should be choosing to consume and prepare our meals with. Quality ingredients and healthy alternatives that we can use to give the foods we love to eat everyday, a makeover!





We don't have to give up the foods we love - we just have to learn how to avoid bad ingredients, and replace them with healthy ones.

With all the hype about what is and isn't healthy, it's important to be able to learn exactly which ingredients are healthy and why. That is what this Program is all about - to help you learn and understand more about the foods you eat, so that you will forever be empowered by this Clean Eating Lifestyle, for the rest of your life!

SAM'S CLEAN EATING & CLEAN LIVING PHILOSOPHY:

We don't have to give up the things that we enjoy,

We just have to find the right (healthy) alternatives!

Enjoying food is top priority!

This Program is about making sure you and your family always get to enjoy and love the food you eat, so that making healthful changes are not only a breeze, but helps to ensure they easily become a permanent part of your and your family's daily life.

You will learn how to turn family favourites into health boosting taste sensations! Real, clean, quality ingredients gives the foods we eat a 'makeover', and the best part about this Clean Eating Lifestyle, is that making clean-er food choices will give every cell in our body, a makeover too... A Fresh Life Internal Makeover.

