

Welcome to 2021

Hello!

It's a brand new year!

January is always an inspiring month as it signals a fresh start! You're hopefully feeling ready and excited about what 2021 might hold. I'm keeping my fingers crossed that it's awesome for all of us in so many ways.

Let's Plan!

A meal plan that works!

This month we're focusing on meal prep and menu planning. We've created a 4 week plan that focuses heavily on plants as well as balance and variety. The goal is to make you feel good while also fueling you for life and for PSF workouts! :) Don't feel like doing the whole plan? No problem! Pick and choose what you like. Feel free to build your own plan using mine as a guide! Whatever inspires you, do it!

Where's My Stuff!

We've got it all for you - prep list, meal plan and shopping list!

Attached you'll find the meal plan along with some helpful prep tips. You'll also see all of the recipes. If you're looking for the grocery list, grab it [HERE](#). I've placed it in a Google Sheet so that you can manipulate it more easily. Hopefully that plan doesn't backfire! :) My intention is for you to cut and paste it into your own spreadsheet, then YOU can manage it from there.

Need Help?

You're not in this alone!

I continue to offer all of the same nutrition services as always and you can find them using this [link](#). In fact, I'm giving a 15% discount on my services during the month of January.

Feel free to email us with any questions – powersculptfitness@gmail.com. And don't forget our helpful FB groups and IG groups too! Join them now if you haven't already!

Cheers to 2021!

Sara