

HENOK NUTRITION

NUTRITION MADE SIMPLE

Lose weight. Fuel your training. No fad diets.

SAT JULY 4 · 1-3 PM · ZONE X GYM

SEMINAR + PRIVATE 20-MIN CALL

\$19.97

01 FOUNDATIONS

How eating actually drives results — calories, protein, carbs, and the Balanced Plate you can build at any meal.

02 YOUR PRIORITIES

What to focus on for YOUR goal — weight loss vs. muscle. Portions without weighing food. Eating out without falling off.

03 CUT THE NOISE

Supplement hype, diet myths, and what's actually worth your money. Live Q&A — bring your questions.

YOU WALK AWAY WITH

- A plate formula that works at home or eating out
- Your top 2 priorities, mapped to your week
- Myth-proof answers on supplements & diets
- A private 20-min call with Felimon to make it YOUR plan

RESERVE YOUR SPOT — \$19.97

trackie.com/event/henoknutritionzonex · sign up by JUNE 27