

taste *Success*



Simple Food : Great Support : Healthy Outcomes

Want a no-fuss approach to healthy eating the whole family can enjoy? No bars, shakes, points or fake foods, just easy, tasty meals that take the hard work out of eating well.

Join our hugely popular 12-week programme that includes our beautiful recipe book with over 100 family-friendly and tasty recipes, weekly meal plans with shopping lists and one-to-one meetings with your local facilitator. Our programme was established to provide good, solid nutrition guidance in a positive and supportive environment all the way.



To start your healthy eating journey today, contact your local facilitator:



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