

# "I Can Do This" Program: Personalized Coaching Programs

## How The "I Can Do This" Program Was Created

Ever since I launched this website, I have been overwhelmed with the amount of people asking me how to start eating right.

I get questions like:

- What do you feed your kids for snacks?
- How much does your grocery bill cost?
- What do you do when you're on vacation?
- If you avoid processed sugars, do you only drink water?
- What if I work fulltime and don't have time to cook every night or plan my meals?
- I want to eat better, but where do I even start?

**Click Here To Sign Up For Your  
First 2 Weeks!**

<http://sweetestlemonade.com/wp-content/uploads/2016/07/Finalilzed-FB-Promo.mp4>

**Coming Soon Now Available!**

We are excited to announce that as of January 2017 we are adding a Fitness Coach to the program! This will include written workout plans week by week, YouTube videos made

personally for this program and a fitness coach at your disposal to encourage you and customize your workouts as you go through the program! Not only did we add workout videos in, but we are charging **THE SAME PRICE!!** We love our community, and wanted to give back in a way that will help you find the healthiest version of yourself.

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## I Took A Chance

I felt this need to help everyone. I spent time making meal plans, grocery lists and budgets. I teamed up with an incredible dietitian who is just as passionate about helping people as I am. She analyzes each plan to bring success for each family. Whether you want a substitute option for avocado, or you feel you need the portions adjusted to meet your goals, Alicia is here for you. I wanted something different than the programs I've seen. I wanted a program that helped my clients sustain their healthy lifestyle long after the program.

**Note:** This plan includes cooking. If you are not able to cook at home at least 3x a week, this might not be the right program for you.

*Not sure where to start?* Email me at [the.sweetest.lemonade@gmail.com](mailto:the.sweetest.lemonade@gmail.com) and I'll help you find the perfect program!

If after your program is completed you still want accountability, we are here to help you! We can continue to answer questions, encourage and cheer you on as you live the healthiest version of you! We offer this service for a minimal fee. Email us for more details.

Not sure what the difference between clean eating and paleo are? Read [my post](#) about it to find out!

Check out [my personal story](#) to find out how I got here and why I want you to see results!

Follow me [@sweetestlemonade](#) on Instagram to see the latest mom posts and newest recipes!