

Membership Levels

Our meal plans and workouts are designed to set you up for success. In this program, you'll be focusing on multiple levels of health. We will help you track your sleep, skin and complexion, energy levels, weight and measurements. By eating real food, your entire health will improve!

Level	Price	
1 Week Free	Free Membership expires after 7 Days.	Select
5 Weeks	\$250.00 now. Membership expires after 35 Days.	Select
12 Weeks (One Month Free!)	\$500.00 now. Membership expires after 105 Days.	Select

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Membership Features:

- 1. List of Approved Recipes. Don't have time to plan your meals? Become a member to access weekly menus**

including breakfast, snacks, lunch, dinner and desserts!

- 2. Meal Plans.** Meals and portions are measured out for each day to help you succeed.
- 3. Grocery Lists.** Your grocery list is already done! Members get free printable grocery lists plus an Amazon list for online ordering.
- 4. Workout Videos.** Certified Fitness Coach Katie has put together a series of workout videos that can be done at home with minimal to no equipment. All members receive access to workout videos. Ultimate Members gain access to Katie's full set of videos along with her tutorials.
- 5. "I Can Do This" Booklet.** Journal your goals and hopes to better track your progress. Members get this booklet shipped directly to them with their first sample box.
- 6. A Sample Box.** Depending on the level of membership you sign up for, a sample box of healthy products and tools are shipped to you directly. The higher the level of membership, the more products get shipped your

way!

7. **Coaching Sessions.** With each membership, you will receive a scheduled personal coaching session with the coach of your choice! To learn more about our coaches, [click here.](#)

8. **Nutritional Videos.** Exclusive for Standard and Ultimate Members only. Receive full access to our nutritional video database from the Sweetest Lemonade dietitian.





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