

Free

9 - DAY

EAT TO LIVE
HEALTHY EATING
CHALLENGE

PLANT-BASED / NO OIL / NO SALT / NO SUGAR
AMAZING FLAVOR



CHERI ALBERTS | THE WATERING MOUTH

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for p.b., p.m. and a.s.

The Watering Mouth

9-Day Eat to Live Challenge

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Sign up for a **LIVE Eat to Live Challenge**
(another one is starting really soon!!)

[5 Day Challenge Excitement List](#)

And learn all about my affordable monthly group coaching program:

[The Eat to Live Family](#)



9-Day Eat to Live Challenge

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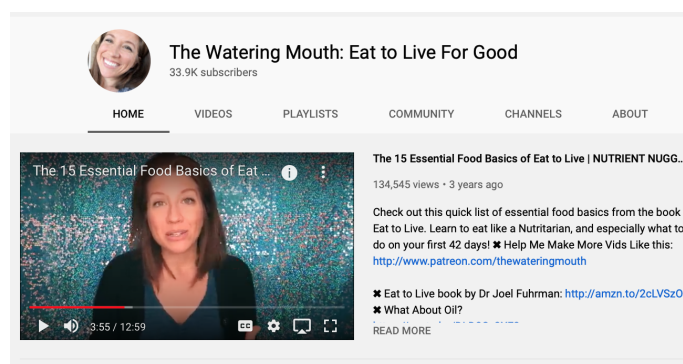


9-Day Eat to Live Nutritarian Challenge

Hi there! Cheri here. Thanks so much for downloading my FREE **9-Day Eat to Live Nutritarian Challenge**.

Whether you're just starting out on your Eat to Live high-nutrient eating, or you've been doing it for a while and just want to step up your game: you've come to the right place!

I've been making healthy-eating content related to the Eat to Live lifestyle from the book by Dr. Joel Fuhrman for over 8 years now and it's truly my life passion. You can see more of that on my YouTube channel. I've got hundreds of videos waiting there for you!



In addition to my YouTube channel and online presence, I am also an expert private and group life and weight coach using the Eat to Live lifestyle and super powerful mindset skills to guide you to all of your life goals.

My Eat to Live Challenges

From January 2019 through April 2021, I created a BUNCH of 21-Day healthy eating challenges.

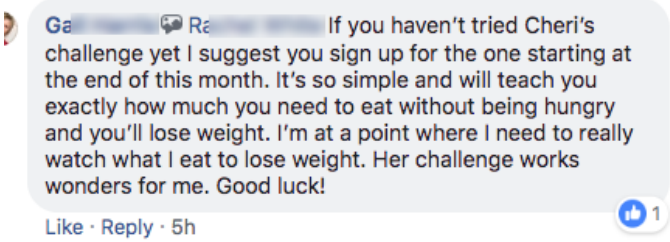
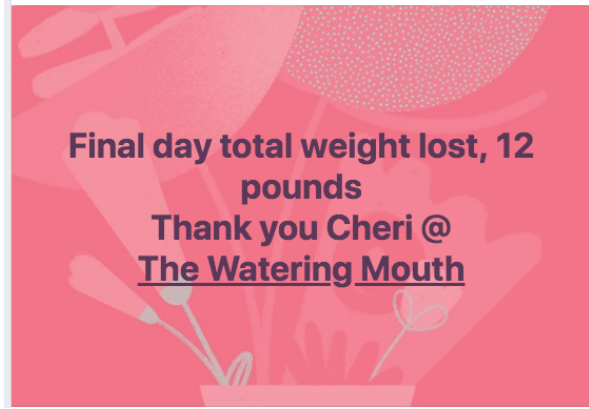
Now we are transitioning to shorter, more frequent healthy eating challenges: 5 days at the beginning of every month.

The challenges I create remove ALL the guesswork from eating and living the Eat to Live lifestyle so you can:

- lose weight
- get all the necessary dietary requirements
- learn to prep and grocery shop easily
- not have to think about your food!!!

If you really want to know how to do the Eat to Live lifestyle in just a few days, these Challenges have got you covered.



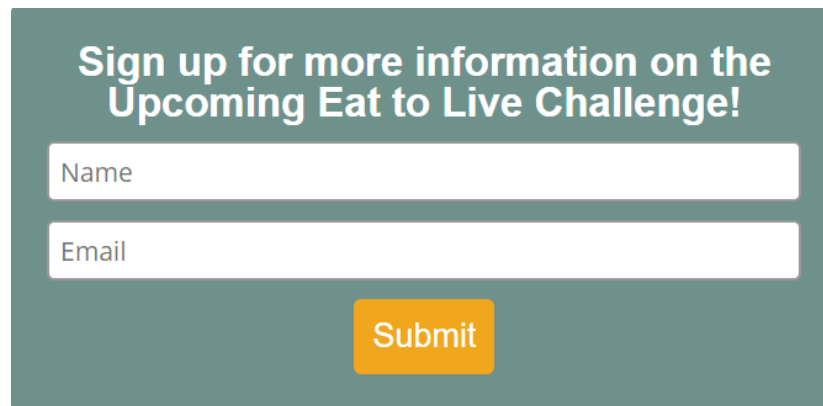


Even I myself lost 60+ pounds the year after I gave birth to my daughter...all from doing Challenges like the ones I create for you.



[If you want to know more about these Challenges, just click here to get on the waiting list.](#) Once you've subscribed, I will let you know ASAP once details for the next Challenge are available.

thewateringmouth.com/challenge



Sign up for more information on the
Upcoming Eat to Live Challenge!

Name

Email

So let's find out what you get in THIS free 9-Day Eat to Live Nutritarian Challenge.

- Full detailed 9 Day Meal Plan
- Calendar for the 9-Days
- Recipe Guide, in proprietary "Set" format (more on this below) with recipes and layout
- A starter lesson on Mindset

So let's get started!

Your 9-Day Eat to Live Challenge

Below you will find 3 recipe Sets. A “Set” is a proprietary meal plan layout I’ve been offering my audience in each Challenge: in each Set, you learn a new recipe for breakfast, lunch, dinner and then you repeat the same meals for 3 days in a row.

This is such a powerful, innovative and groundbreaking way of looking at meal planning for several reasons:

- You don’t get that usual fatigue of other meal plans by having to make 3 new meals EVERY day
- You save money by using up produce when you buy it, rather than having to save it for a meal in a couple days, risking it going bad
- You save so much time because you get better and faster at making meals
- So much more!

Many Challengers have said that it’s completely changed the way they thought of the Eat to Live Nutritarian lifestyle...

...and it just might be the thing that gets you and keeps you on track for good.

Here’s what another previous Challenger said:

here, too. Feeling a lot more energy in the afternoons and I've been happy with the scale as well. I'm definitely down a solid 8 pounds and as much as 9.5 on the lowest weight day.

A couple of my favorite things:

1) Having all the meals planned out for me was awesome! This made it somewhat simple to focus my energy on cooking for the rest of the family.

2) Eating the same meals 3 days in a row - I could seriously get used to this. Before this challenge it seemed like every time I finished a meal, I was already planning what the next one would be. I always thought I needed variety in my meals, but it turns out I DON'T. 😊

A Few More Notes About This 9-Day Challenge

I go very light on grains and starches in this plan so that hopefully anyone doing this can lose weight, even if they are sedentary. If you exercise intensely, don't want to lose weight or lose weight too quickly for your comfort, consider adding in heavier foods to make up for calorie loss. Everyone's body will be different.

Keep in mind that mindset is everything. Mindset is the bulk of my private and group coaching in the Eat to Live Family for a reason...we can know until we're blue-in-the-face WHAT to eat.

But if we don't know how to battle the thoughts in our minds (cravings, urges, habits, etc), then we won't get more than a few weeks on any new plan.

Here is one of my favorite easy tips that you can start with. Throughout your day, I'd like for you to remind yourself at regular intervals of your meal timing. So for instance, before breakfast, give yourself a little mini-pep-talk:

"I am going to have breakfast according to this plan. It is going to be delicious, and a super healthy choice for me and my body is going to love it. I know I am eating this way for important reasons. After I am done with this meal, I just have about 4 hours to get through until my next meal, and it will be ok if I get a little hungry before. I will eat again at _____ [time] and that meal will also be as amazing as this first meal."

And then remind yourself of these things during and after that meal as well.

I promise you, this type of mental exercise can really go a long way on your journey towards making this way of eating your lifestyle.

9-Day Nutritarian Meal Plan Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PREP INSTRUCTIONS -- Get Groceries Fri or Sat or earlier so you have ripe ingredients for tomorrow (Monday start) like pears and bananas -- Place Amazon order for certain ingredients if necessary -- Make Water Saute -- Make Sunflower Cream Sauce		-- Make Chunky Tomato Sauce	-- Roast Spaghetti Squash		-- Make Lentil Soup	-- Make Water Saute -- Make Hummus? -- More Groceries?
	RECIPE SET 1 of 3			RECIPE SET 2 of 3		
	▶ Apple Cinnamon Smoothie ▶ Blueberry Pear Salad ▶ 2 cups Water Saute + 1 T Sunflower Cream Sauce + 1 Fruit or Leftover Smoothie	▶ Apple Cinnamon Smoothie ▶ Blueberry Pear Salad ▶ 2 cups Water Saute + 1 T Sunflower Cream Sauce + 1 Fruit or Leftover Smoothie	▶ Apple Cinnamon Smoothie ▶ Blueberry Pear Salad ▶ 2 cups Water Saute + 1 T Sunflower Cream Sauce + 1 Fruit or Leftover Smoothie	▶ Cheri's Favorite Smoothie ▶ Super Huge Basic Salad + 1 Fruit ▶ Roasted Spaghetti Squash + 1 cup Chunky Tomato Sauce + Leftover Smoothie	▶ Cheri's Favorite Smoothie ▶ Super Huge Basic Salad + 1 Fruit ▶ Roasted Spaghetti Squash + 1 cup Chunky Tomato Sauce + Leftover Smoothie	▶ Cheri's Favorite Smoothie ▶ Super Huge Basic Salad + 1 Fruit ▶ Roasted Spaghetti Squash + 1 cup Chunky Tomato Sauce + Leftover Smoothie
	RECIPE SET 3 of 3					
	▶ Nutritarian Green Açaí Bowl ▶ Hot and Cold Salad + 1 Fruit ▶ Quick and Creamy Lentil Tomato Soup + 1 Fruit	▶ Nutritarian Green Açaí Bowl ▶ Hot and Cold Salad + 1 Fruit ▶ Quick and Creamy Lentil Tomato Soup + 1 Fruit	▶ Nutritarian Green Açaí Bowl ▶ Hot and Cold Salad + 1 Fruit ▶ Quick and Creamy Lentil Tomato Soup + 1 Fruit			

GROCERY LIST 9-DAY EAT TO LIVE CHALLENGE

SET #1

- 26 ounces unsweetened, plain non-dairy milk
- 12 ounces romaine lettuce (12 large leaves)
- 6 stalks of kale (1 small bunch)
- 3 apples
- 3 ripe bananas
- 32 ounces (18 cups chopped) green leaf, romaine or red leaf lettuce (or a mix)
- 3 cups chopped arugula (5 ounce box)
- 3 small containers fresh blueberries
- 3 small ripe pears
- 3 stalks green onion
- 1-15 ounce can no- or low-sodium chickpeas OR ½ cup dried chickpeas to cook
- 3 lemons
- 2 cloves garlic
- 1 bunch asparagus
- 10 Brussels sprouts
- 1 small red onion
- 1 red bell pepper
- 1 small zucchini
- 8 ounces mushrooms
- 1 cup organic frozen sweet corn
- 1 can no- or low-sodium diced tomatoes
- 3 pieces of fruit

SET #2

- 24 ounces unsweetened, plain non-dairy milk
- 12 ounces romaine lettuce (12 large leaves) + 15 large romaine lettuce leaves = 27 large leaves
- 6 leaves of kale (small bunch)
- + 1 large leaf kale (any variety) or 1 cup leftover arugula
- 3 cups fresh or frozen berries
- 3 cups frozen cherries
- 3 ripe bananas
- ½ small head red cabbage (3 cups thinly sliced)
- 3 red bell peppers
- 1 green bell pepper
- 1 ½ cup corn (fresh OR frozen)
- 1 ½ cup carrots, shredded OR 3 medium carrots
- 1 small red onion
- 1 small yellow onion
- 1 -15 ounce can no- or low-sodium beans OR ½ cup dried beans to cook

- 2 ripe avocados
- 2 lemons
- 3 pieces of fruit
- 1 8-ounce package mushrooms
- 1 large spaghetti squash
- 1 24-ounce jar no- or low-sodium tomato sauce

SET #3

- 9 cups spinach OR 18 ounces spinach (or other mild tasting greens)
- 15 cups lettuce (green leaf, red leaf, romaine, etc) 24-30 large leaves
- 3 large leaves of kale
- ¼ small cabbage OR 2-3 cups chopped or shredded
- 2 small red onions
- 1-8-ounce package mushrooms, any variety
- sugar snap peas (15-18 pea pods)
- 3 pieces of fruit
- 2 limes
- 1-15 ounce can low sodium black beans OR ½ cup dried beans to cook
- 24 ounces unsweetened non-dairy milk
- 3 packets frozen açai (or add 3 more cups frozen berries)
- 3 cups frozen mixed berries
- 3 cups frozen cherries
- ¾ cup no-oil OR low-sodium hummus OR
ingredients for homemade hummus:
- {2-15-ounce cans no- or low-sodium chickpeas OR 1 cup dried chickpeas to cook
- 2 lemons
- 1 small head of garlic}

- 2 cups dry green lentils
- 38 ounces no- or low-sodium vegetable broth
- 12 ounces no- or low-sodium tomato sauce
- 1-28.2 ounce can whole peeled tomatoes
- 1-14.5 ounce can diced tomatoes
- 1-14.5 ounce can lite coconut milk

PANTRY ITEMS NEEDED ON HAND

- flax seed (to grind)
- ground cinnamon
- ground cumin
- vanilla
- 1 ingredient raw almond butter
- no-salt raw tahini
- unsalted cashews
- raw, unsalted walnuts
- raw, unsalted sunflower seeds
- raw, unsalted pumpkin seeds
- garlic powder
- onion powder
- medjool dates
- roasted carob powder
- raw cacao powder
- unfortified nutritional yeast
- unsweetened coconut flakes
- rolled oats
- chia seeds
- cacao nibs
- goji berries (or raisins, dried currants or dried cranberries)
- white balsamic vinegar

RECIPE SET #1

You will make and eat these meals on Day 1, Day 2 and Day 3.

Set #1 Inside Scoop: *My strategy for smoothies is a little different than most: I make HUGE smoothies, so we can get tons of fiber, bulk and satiety for many hours after. And we also get a TON of greens, so we're starting off our detox and micronutrient intake with a bang. This helps to reduce cravings over time, so don't take this idea lightly; it just might make a huge difference in your journey. This recipe can also be used as a "Warm Smoothie". Strange concept maybe at first, but it works! This is useful (and yummy) in case you are currently living in a colder season and still want to get your smoothies in each day without getting too cold after you drink it. This is best prepared in a high-speed blender like a Vitamix, because you just blend it for a few minutes longer until it's just above room temperature. Or if you have a regular blender, you can warm it over the stove or zap it in the microwave for a minute to remove the chill. But no worries: this smoothie is also fantastic cold! The salad speaks for itself; it's currently my favorite salad in the world. And the dinner recipe was RAVED about in the Challenge it appeared in. Yum!!*

Apple Cinnamon Smoothie

This recipe makes a large, 30-ish ounce smoothie. It is an excellent way to take in a lot of greens, bulk, fiber, nutrients and calories in the morning. If you simply cannot eat it all at one meal, save some for a sweet tooth buster for directly after lunch or dinner.

Serves 1

INGREDIENTS

- 1 cups unsweetened, plain non-dairy milk
- 4 ounces romaine lettuce (1 blender-full, very loosely packed)
- 2 stalks of kale, stems removed
- 1 apple, chopped (cold from fridge if desired)
- 1 ripe banana (frozen if desired)
- 2 tablespoons raw, unsalted walnuts
- 1 tablespoon ground flaxseed
- ½ teaspoon cinnamon
- ½ teaspoon vanilla (optional)

DIRECTIONS

Place all ingredients into a high-powered blender and blend until smooth.

Blueberry Pear Salad

Serves 1

INGREDIENTS

For the Salad

6 cups chopped green leaf, romaine or red leaf lettuce (or a mix)

1 cup chopped arugula

1 small container fresh blueberries

1 small ripe pear, chopped

1 stalk green onion, chopped

½ cup no- or low-sodium cooked chickpeas

½ lemon, juiced

For the Dressing

1 cup unsalted cashews (soaked for an hour or two if you have a standard blender)

¼ cup unsweetened, non-dairy milk

1 small lemon, peeled and seeded

2 cloves garlic

1 tablespoon white balsamic vinegar

DIRECTIONS

For the dressing, add all ingredients to a high-powered blender and blend until creamy.

For the salad, add all salad ingredients to a large bowl, with 1-2 heaping tablespoons of dressing and mix well to combine.

Veggie Water Saute

Serves 3+ (leftovers can be eaten with any meal if you're still hungry)

INGREDIENTS

1 bunch asparagus, woody ends broken off and discarded, chopped

10 Brussels sprouts, halved or quartered

1 small red onion, small dice

1 red bell pepper, chopped
1 small zucchini, chopped
8 ounces mushrooms, chopped
1 cup organic frozen sweet corn
1 can no- or low-sodium diced tomatoes

DIRECTIONS

In a large saute pan or wok over medium to medium-high heat, add all ingredients and saute, adding 1-2 tablespoons of water at a time to prevent sticking, if needed, until veggies are softened. Separate into 2 cup portions and store in fridge (extra, if any, may be frozen).

For dinner, have 2 cups Veggie Water Saute with 1 tablespoon Sunflower Cream Sauce on top.

After Meal: 1 piece of fruit or leftover smoothie

Sunflower Cream Sauce

If using a standard blender, you may want to soak the seeds and nuts in water for a few hours ahead of time. Drain soaking water before blending.

Serves 3

INGREDIENTS

¼ cup cashews
¼ cup sunflower seeds
½ cup water
Squeeze of fresh lemon juice
½ teaspoon garlic powder
½ teaspoon onion powder

DIRECTIONS

Add all ingredients to a standard blender or Vitamix and process until smooth.

RECIPE SET #2

You will make and eat these meals on Day 4, Day 5 and Day 6.

Set #2 Inside Scoop: *The breakfast smoothie in this Set is my favorite. Save part of the smoothie for a sweet-tooth buster/dessert after dinner. Trust me, you'll thank me then. Lunch gives you a great salad to use any time. And dinner is super delicious and just the right amount of food to end the day. And that tomato sauce! :P*

Cheri's Favorite Smoothie

This recipe makes a 30-ounce smoothie, which is enough for a full 24 ounces at breakfast, and leftover can be saved for dessert after dinner. If you use a regular blender, the dates won't blend smoothly. Try soaking them in the almond milk for an hour or so before blending with a regular blender. Alternatively, you can microwave them for 15 seconds in a tablespoon of water to soften for blending.

Serves 1.5

INGREDIENTS

- 1 medjool date, pitted
- 1 cup unsweetened, plain non-dairy milk
- 4 ounces romaine lettuce (4 leaves/½ blender-full, loosely packed)
- 2 stalks of kale, stems removed
- 1 cup fresh or frozen berries
- 1 cup frozen cherries
- 1 ripe frozen banana
- 1-2 cups water (as needed/desired)
- 1 tablespoon ground flaxseed
- ¼ cup raw, unsalted walnuts
- ½ tablespoon roasted carob powder
- ½ tablespoon raw cacao powder
- 3 ice cubes, if desired

DIRECTIONS

Place all ingredients into a high-powered blender and blend until smooth.

Have a 24-ounce serving of this for breakfast, and save the leftovers for dessert after dinner.

Super Huge Basic Salad

Serves 1

INGREDIENTS

5 cups romaine lettuce, chopped (measure after chopping)
1 cup red cabbage, thinly sliced
1 red bell pepper, chopped
½ cup corn
½ cup carrots, shredded or chopped
2 tablespoons red onion, finely chopped
2 tablespoons pumpkin seeds
½ cup no- or low-sodium beans, drained, any variety
½ ripe avocado, chopped
½ lemon, juiced (to taste)
2 tablespoons unfortified nutritional yeast, to taste

DIRECTIONS

To a large mixing bowl, add all ingredients and toss well to combine.

Have this salad for lunch and have 1 piece of fruit for dessert.

Chunky Tomato Sauce

INGREDIENTS

1 yellow onion, chopped
1 8-ounce package mushrooms, any kind, chopped
1 green bell pepper, chopped
1 cup kale (any variety) or leftover arugula, chopped
1 24-ounce jar no- or low-sodium tomato sauce
¼ cup unsalted, raw walnuts, chopped

DIRECTIONS

In a medium skillet over medium high heat, add onions, mushrooms, bell pepper and kale and saute until vegetables are softened. If the vegetables

begin to stick too in the pan too much, add 1-2 tablespoons of water until the mushrooms start to give off their own liquid.

Add the tomato sauce and walnuts, and stir to combine. Store in fridge. When portions are used in the next few days, the rest (if any) can be frozen.

Roasted Spaghetti Squash

INGREDIENTS

1 spaghetti squash, cut in half lengthwise, seeds and center removed and discarded

DIRECTIONS

Preheat oven to 375 degrees F. On a lined baking sheet, place the squash cut down down. Roast the squash for about 45-60 minutes total, or until the flesh pulls out easily from the whole squash into strands. Remove from oven and let cool before removing the flesh from the skin and discarding the skin.

Store the squash in the fridge for meals.

For dinner, serve $\frac{1}{3}$ of the squash with 1 cup of the chunky tomato sauce warmed up and then have your leftover smoothie for dessert.

RECIPE SET #3

You will make and eat these meals on Day 7, Day 8 and Day 9.

Set #3 Inside Scoop: *This breakfast recipe is a fun twist on a smoothie: it's a smoothie in a bowl, with toppings that you can mix in and eat like a delicious morning breakfast nice cream with toppings. This way you can chew your meal, be satiated until the next meal and get in tons of greens first thing in the morning. The Hot and Cold Salad is another way to get a warm salad for colder temps, or feel free to serve it all cold. I still find the mix of warm and cold to be super satisfying even in the dead of summer sometimes. Great versatile recipe and the dressing is so easy, fun and tasty. Use the hummus recipe if you can't find storebought, no-oil, low-sodium hummus...and the soup is so quick and delish.*

Nutritarian Green Açaí Bowl

If using a regular blender, you may have to soak the dates in the almond milk overnight to soften, or microwave in 1 tablespoon of water for 15-20 seconds. You may also have to add more almond milk or water to get it to desired consistency.

Serves: 1

INGREDIENTS

For the Smoothie Base:

- 2 Medjool dates, pitted
- 3 cups spinach (or other mild tasting greens)
- 1 cup unsweetened non-dairy milk
- 1 packet frozen açaí (or add 1 more cup frozen berries)
- 1 cup frozen mixed berries
- 1 cup frozen cherries
- 1 tablespoon ground flaxseed
- Water for desired consistency

For the Toppings:

- 2 tablespoons unsweetened coconut flakes
- 2 tablespoons rolled oats
- 1 teaspoon chia seeds
- 1 heaping tablespoon cacao nibs
- 1 tablespoon goji berries (or raisins, dried currants or dried cranberries)

DIRECTIONS

In a high-speed blender, combine all base ingredients and blend until smooth and creamy, adding water when desired for consistency. Separate 8 ounces of this smoothie base and refrigerate for dinner. Pour remaining smoothie base into a bowl and cover with toppings. Mix to combine, let sit for a minute or so to start soaking into oats and chia seeds. Eat like nice cream with toppings for breakfast!

Hot and Cold Salad

Serves 1

INGREDIENTS SALAD

5 cups lettuce (green leaf, red leaf, romaine, etc, about 8-10 leaves), chopped small

1 cup kale, chopped small (about 1 stalk, stem removed and discarded)

2 cups pre-prepared, pre-warmed steamed veggies

¼ raw red onion, chopped

5-6 sugar snap peas chopped

½ cup black beans

½ lime, juiced

INGREDIENTS CHERI'S DRESSING

¼ cup no-oil, low-sodium store-bought hummus (or see directions below for homemade)

1 tablespoon almond butter

¼-½ cup no- or low-sodium tomato sauce

DIRECTIONS

In a small bowl, add the dressing ingredients and mix with a fork to combine.

In a large mixing bowl, add the salad ingredients and top with dressing. Mix to combine and serve. Triple the dressing ingredients and make it for 3 days in a row.

After Meal: 1 piece of fruit

Basic Nutritarian Hummus Recipe

Feel free to use this recipe instead of store-bought hummus, if you prefer. If you're just starting out, might I suggest just going the oil-free store-bought route this time, and making your own next time if you like. Less overwhelm and less cooking. And if you can't find a store-bought that is oil-free/low-sodium, just use less.

Serving size: ½ cup

INGREDIENTS

3 cups cooked chickpeas (2 15-ounce cans)

½ cup no- or low-sodium vegetable broth (more or less depending on consistency preference)

½ cup no-salt raw tahini

⅓ cup freshly squeezed lemon juice

3 small cloves garlic, minced

½ teaspoon ground cumin

2 tablespoons unfortified nutritional yeast

DIRECTIONS

To a blender or food processor, add all ingredients and blend until creamy, scraping down the sides when needed and adding additional vegetable broth 1 tablespoon at a time as needed to get the mixture moving. I prefer using a food processor because I like my hummus with some texture.

Alternatively, you could mash everything with a fork or potato masher if you like a lot of texture (actually my preference, but much more physical labor:).

Quick and Creamy Lentil Tomato Soup

This recipe makes a lot of soup, because I hate making recipes where you only use half the can of something. Haha. So make the soup, let it cool, and then portion it into 2 cup portions for dinners, and freeze the remaining portions individually for quick meals later.

Serves 8-10 (2 cup portions)

INGREDIENTS

¼ small cabbage, chopped (about 2-3 cups)

1 medium red onion, chopped

2 cups dry green lentils, rinsed

1 8-ounce package mushrooms, any variety, chopped
4 cups low- or no-sodium vegetable broth
3 cups water (or use more broth)
1 can (28.2 ounces) whole peeled tomatoes
1 can (14.5 ounces) diced tomatoes
1 can (14.5 ounces) lite coconut milk
Nutritional yeast to taste (optional)

DIRECTIONS

To a large soup pot over medium high heat, add the cabbage, onion, mushrooms, veggie broth, lentils and water and bring to a boil. Reduce heat to medium and simmer for 20 minutes.

Add tomatoes and coconut milk and simmer for another 10 minutes. Serve with 1-2 tablespoons nutritional yeast mixed in for extra flavor, if desired.

Have 1-2 cups of this soup for dinner. Feel free to have a piece of fruit for dessert after dinner.

Alright my friend! You did it! CONGRATULATIONS! You've made it through my 9-Day Eat to Live Challenge. Click this sentence for a fun little behind-the-scenes thank you video.

Want Faster Progress?

Keep in mind that coaching people to lose weight and stay healthy for life is my PASSION not to mention my super successful MISSION AND PROFESSION! :)

Getting folks to their goals of weight loss, healthy eating, and health improvement are what I do every day, all day.

I have created an amazing community of like-minded individuals in my [Eat to Live Family](#).

"The Eat to Live Family is the first App I check every morning and the last one I check at night. I feel more focussed and supported than ever in this healthy way of life and the content provided is great. Bonus - I am down 20 pounds [in 3 months]! I expect to be a member of the family for many years to come.



-- Eat to Live Family member

The Eat to Live Family is an affordable monthly group coaching program where I teach you exactly how to Eat to Live for Life...and love it for good!!

Would love to see you in the there!!

Just Keep Going!

Cheri