



# MASTER THE BASICS WORKSHOP BUNDLE

|  
*with Coach Jen*

THEWELLPLANNEDKITCHEN.COM



## *How to Access Your Classes*

Thank you for purchasing the Master the Basics Workshop Bundle!

To access your classes, please click the links on the following page below the title of each class.

*THM Basics Class*

## **THM Basics Class**

*Master Meal Prep & Meal Planning Class Bundle*

Password: masterbundle1

## **Master Meal Prep & Meal Planning Classes**

*Cheat Recovery Master Class*

Password: cheatrecovery

## **Cheat Recovery Master Class**

*THM Refresh Master Class*

## **THM Refresh Master Class**

*Master the Fuel Cycle Class*

Password: fuelcyclemaster

## **Master the Fuel Cycle Class**

# Notes

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# WEEKLY GOALS *Tracker*

GOAL:

WEEK:

	MY ACCOMPLISHMENTS	MY FEELINGS
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

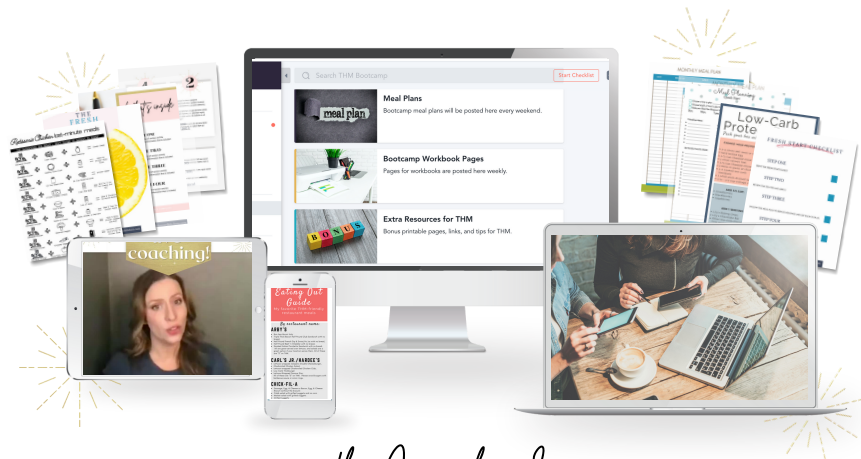
THANK YOU!

## NEXT STEPS

I'm ready to help you have a breakthrough on your THM Journey - you can make Trim Healthy Mama your EASIEST option at all times! Learn tips, strategies, and hacks to simplify THM and make real progress in my five-star rated THM Bootcamp!

You'll receive \$17 off of Bootcamp with the coupon code masterclass1

## SIX WEEK THM BOOTCAMP



with Coach Jen

[JOIN BOOTCAMP](#)



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