

Real World Nutrition Membership

What You Get - Included in the Membership:

- Bi-weekly Q&A Sessions
- Quarterly Goal Setting Sessions
- New content monthly based on the theme and topic of the month, including videos and workbooks
- Access to all new courses before offered to the public (outside of the membership)
- Access to webinars
- Access to the Mini Course - Six Tips for the Busy Person to have Sustainable Energy (with workbook)
- Access to additional content not on the public site, including videos and articles
- Meal Planning, Grocery Shopping Tips and More
- More content added based on member feedback

Questions? Email info@shelleyrael.com

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Real World Nutrition

JANUARY

Goal Setting and Planning

New Year New You

FEBRUARY

Optimize Your Health with
Wellness and Lifestyle

Healthier Weight

MARCH

Everyday Nutrition

Food Labels

APRIL

Goal Setting and Planning

Meal Planning and
Grocery Shopping

MAY

Optimize Your Health with
Wellness and Lifestyle

Fueling Your Fitness

JUNE

Everyday Nutrition

What Is In Your Food?

JULY

Goal Setting and Planning

Health Check:
How is Your Health?

AUGUST

Optimize Your Health with
Wellness and Lifestyle

Disease Prevention

SEPTEMBER

Everyday Nutrition

Eating is Not Cheating

OCTOBER

Goal Setting and Planning

Healthful Holidays:
Managing the Overwhelm

NOVEMBER

Optimize Your Health with
Wellness and Lifestyle

Your Strong Immune System

DECEMBER

Everyday Nutrition

No More Fad Diets