## Projects

## Night Owl Vegan Businesses



Plant $\underset{\text { Stift }}{\text { Powered }}$

## 6 Weeks To Eating Well



## Projects

## Night Owl Vegan Businesses

night.owlvegan
Texas
night.owlvegan When I heard about a plant-based diet for the first time, I had my doubts!

It took me almost a full year to get into a plant-based diet FULLY.

I had tried everything I could to heal type 2 diabetes, and nothing worked.

How could this diet promise to work when all else including advice from doctors and specialists failed me?

Then 6 months into the diet, I started noticing some changes- I lost weight, the pain had reduced by almost $50 \%$, and a visit to the doctor showed that my diabetes was not as bad as it was six months earlier. The doctor also said that my insulin resistance was disappearing.

That's when I knew this diet of whole plant-based organic foods was working in my favor.

Then I decided to go into it fully. It was hard at first- I craved meat and dairy like never before.

But a few months down the line, the cravings were all gone.
And soon enough, I beat type 2 diabetes and got better. I now live happier than I did 10 years ago.
And now...
I
'm launching a class *6 weeks to eating well* to explain my process to you how you can deal with insulin resistance without taking more meds, lose weight while doing minimum exercise, and potentially reduce your healthcare bills by thousands of dollars with DIET only.

The last day to enroll is March 1st.

The classes will start on 5th March 2023 with our Sunday Supper

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## Projects

## Night Owl Vegan Businesses

## night.owlvegan How to be $100 \%$ in control of your health

Whether you're suffering chronic type 2 diabetes or are gaining weight suddenly and you can't lose it no matter how many trips you make to the gym, I have some good news for you.

First, let me tell you a little about me.
) suffered chronic type 2 diabetes, struggled with weight gain, was not happy, and I was always stressed about what would happen to my kids if I weren't there to take care of them. It was not easy.
I went to doctors but nothing worked.
I tried controlling my food portions, but it didn't work either.
Until I did this one thing.... I went on a $100 \%$ PLANT-BASED DIET.
Since then,

I have reduced stress
I feel happier
I'm healthier in every way

Now,

I want to share the secrets I have learned to you who wants to say goodbye to stress, lose weight without even trying, reduce your doctors' appointments, and say goodbye to pain pills, stress pills, insulin resistance pills, and more?

Join me in my upcoming course*6 weeks to eating well*

WWe're starting 5h March 2023 with our Sunday Supper cooking class (You can't miss all the fun we'll have while cooking live)!

LIMITED SLOTS remaining (to guarantee quality personalized coaching)

Get in now via link in bio

## Projects

## Night Owl Vegan Businesses

night.owlvegan Ever felt so happy about something that you cried about it?

That's how l've been feeling for the last few weeks $\mathbb{}$
I've been creating a new course *6 weeks to eating well* and I couldn't help but tear up when I remember how I fought to improve my health for years Q

Neither the food I used to eat back then nor the pills or the doctors' advice worked.

Until I woke up one day and felt that I had to change my situation, or else I wouldn't be here to see my kids growing up.

That's when I sat down, did my research, found out about the POWERS of PLANT-BASED MEALS, and decided to give it a try.

I've never looked back since then
I've taught myself recipes that never crossed my mind before, embraced whole foods over processed foods, gone from taking hundreds of pills a month to zero pills, cured my type 2 diabetes $100 \%$, and lost weight without going to the gym or exercising a lot.

I'd love to share the wonderful knowledge l've acquired in the process with you who wants to beat type 2 diabetes as I did, relieve yourself of stress, lose weight, and reduce your medical bills from 1000s of dollars to almost zero.

Join me in my upcoming course*6 weeks to eating well*
Starting 5th March 2023 with our Sunday Supper cooking class!

LIMITED SLOTS available (to guarantee quality personalized

## Projects

## HOPAWI Professional Development Institute




HOPAWI
4 Steps to Start a Consultancy Business

Identify your passions, experiences, market gap \& target clients
(V) Register your brand and create processes

- Package your services like a professional

Market your services to potential customers
info@hopawipdi.com

## Projects

## Royal Executive Assistants

How to Use Circle's<br>CommunityAl to Grow Your<br>Business Exponentially.

How to Use Milanote to
Structure and Automate
Your Business Processes


How to Create Time Blocks Using Day Themes, Color Codes and Batches


9 Steps to Prepare a Keynote Presentation Like a Pro


## Projects

## Blumy Content Solutions

How to Create Quality Social Media Content for Your Business Pages

## How to Create Quality Social Media <br> Content for Your Business Pages

How to Create a Social Media Content Calendar and Stay Organized


6 Proven Tips for Creating High-converting Sales Pages that Generate Revenue


## Projects

## Others

## Sales Copy.

## Email Copy.

N
Click here
$\checkmark$


## Blueberry parfait <br> 2 servings (©) 5 minutes

That burst of fresh fruit, crunchy pumpkin seeds, and healthy coconut yogurt is the perfect snack anytime of the day!


