

A close-up portrait of a woman with her eyes closed, wearing vibrant green shimmering eye makeup and bright pink lipstick. She is holding a large head of fresh green broccoli in front of her chest. The image is framed by a thin gold border.

# FOOD

## UNDRESSED!

*Ditch that Diet*

EMBRACING A PLANT-BASED LIFESTYLE

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Epicurean Element, LLC

[EvaMcLaurin.com](http://EvaMcLaurin.com)

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*Hola!*

*I have waited my whole life to meet YOU.*

Congratulations on downloading the beginning steps on how the heck to follow a Plant-Based Lifestyle.

There is a goddess inside of you that is screaming to come out and play. To live life in a magical way, to take risks because it's time to make a change and live on the other side of freedom. Not only am I excited for you to embark on this journey but I would say, momma is proud that you have decided for once to put YOUR needs, desires and pleasures first regardless of what others may think.

My name is *Eva McLaurin*, I am a Chef and Wellness Lifestyle Expert focusing on everything in a Whole-istic way as we encompass love, food, desires, sex, travel and relationships. We are starting with food and so begins the shift in other areas of your life. I am here to help you transition into a better version of you. What do you think? You ready? She is waiting for you (please say yes!).

Just two short years ago, I ended my lifelong struggle with food + body shame + weight + mood swings + lack of self-love. I remember as a little girl, I was always that chubby, big boned or thick girl as many would say. This little girl grew up thinking that







something was wrong with her body. Everyone knew me as the fast talker, self-confident, go-getter gal. What they didn't know was that although all those things were true, I struggled every day to believe it when I looked in the mirror before jumping in the shower.

You see I lived my entire life constantly chasing after the next best diet, magic pill or shot to help me love my body once I hit my goal. Well, sister guess what? I met my goal every single time and the moment my awareness shifted so did the scale. All this came to an end and I realized it wasn't sustainable and I needed to make a drastic change. I looked in the mirror, and for the first time I knew She, Me and Her had Enough!

*This goddess was ready!*

The moment, I stopped chasing a diet plan and adapted a **Plant-Based Lifestyle** my reality shifted, my awareness was present and I became more grounded in understanding my needs. I realized that all the answers to my questions were sitting deep inside of me. Was it easy? Of course not! I turned my life around and this time my goal was to make a lifestyle change, not losing weight to feel better about myself. I have dedicated two years to my health + wellness and I want to guide you to embrace this lifestyle, so you can begin your transformational journey.

This guide will answer questions and set you up to begin embracing a **Plant-Based Lifestyle**. Don't worry I am right behind you, don't be shy, trust yourself and start. Progress is better than perfection!

*Are you ready to do the work?*

*Are you ready to make a change?*

*Look in the mirror, smile and tell her how much you love her.*

*The goddess in me, sees the goddess in you!*

Love,

*Eva*



# Introduction



## INTRODUCTION

*Hey, you!* **YES, YOU.**

Now that I've got your attention, I know why you might be here. You've been scavenging for that perfect diet again, haven't you?

And not just any diet: the ultimate diet to end all diets. The one that will finally make that magical change to your health and confidence that you've been dreaming about, day in and day out.

And no, not the diet everyone else is chasing. You're looking for something new. Different. *Special.*

Well, I've got some good news and some bad news for you. The bad news: you'll find no diets here!

"What???" (I know that's what you're thinking!)

But here's the good news: surprise! You won't find any diets here. (Yep, I'm going on a limb to sound like a broken record here.)

I know, I know – you're probably twice as confused now than you were six sentences ago. You were in search of a brand-new diet now, weren't you?

But here's the secret truth I'm trying to tell you, and I'm letting you know because it's going to save you TONS of time (and money).

**That secret is this: *diets are totally passé.***

They're old news. A thing of the past. Maybe even a fading nightmare, or a distant memory from a time long gone that you hope to one day erase (when the first memory erasing machine is invented, that is). And I'm sure you know why. *Because diets don't work! At least, not for everyone.*



Or, maybe they *have* worked for you – but you just want something more.

Maybe you've tried going vegan. You've maybe even gone paleo, or gluten-free. You've cut carbs, bought the shakes, taken the pills and supplements, tried weight loss programs...or maybe all these.

(Or, none of these, because you just didn't have the patience. In that case: respect!)

Does this sound like you above? Well, here's another secret truth honey:

**You're too big for these diets.**

No, no, no – before you freak out, I don't mean it like that! What I mean is, *your desire for better health, confidence, sexiness, and transformation simply blasts through these limited diet boundaries like Wonder Woman breaking out of a pair of handcuffs.*

(And if you tell me, that's pretty sexy enough on its own!)

For people like you, your desire for better health and a sense of sexy empowerment is huge. You feel like diets have either not done enough for you, held you back, or not satisfied your desire for change enough. In a sense: *they've limited you.*

**And someone like you shouldn't be held back!**

But every diet, clearly, has one thing in common – a particular element – that DOES seem to work.

Even the most scientific nutritionists will chime in on this, too, and it should really be common sense at this point: *all you've got to do is consume plenty of healthy, whole plant foods.*





*(Yes, this includes vegetables – stick with me though, and you'll see that it also encompasses so much more. And... it's... delicious!)*

AND I'M NOT JUST TALKING ABOUT ONCE-IN-A-WHILE. I'M SAYING THAT YOU'VE GOT TO WALK THE WALK AND TALK THE TALK WITH A FULL-ON  
*Plant-Based Lifestyle!*







What is a  
Plant-Based  
Lifestyle?

---



## WHAT IS A PLANT-BASED LIFESTYLE?

If you didn't catch it in my last chapter, this is what I'm getting at: *a Plant-Based Lifestyle will allow you to ditch diets – once and for all! – and embrace that big transformation you've been looking for (and taking the shortest way possible).*

In a way, you even *transcend* the need for a diet at all.

Why? Because you're going ABOVE and BEYOND a diet's limitations and restrictions to get to the CORE of what makes any of them work in the first place: plant-based foods! (It's no secret!)

*So what is a Plant-Based Lifestyle, then?*

**Well, it's insanely simple: just eat more plants.**

(There's more to it than that, of course, but we'll get to that later – but really, living the lifestyle is not rocket science!)

That's all a **Plant-Based Lifestyle** is. Plenty of fruits, veggies, whole grains, even an extra herbal supplement or smoothie for an added health boost or two, in whatever form you like.

When I say it like that, it may sound like I'm also telling you to dread your hair, become a hitch-hiking hippie, or even to become a gorilla! Or maybe it sounds like I'm telling you it's time to become a vegan or vegetarian.

*But no, it's so much more than that.*



To look at it a bit differently – and to embrace a term that is starting to pick up speed – remember that food is medicine. The cure? Right there on your plate.

## *Think about it:*

- **Those salad greens on your plate?** Chock-full of fiber to tone your digestive system, regulate blood sugar, and naturally curb sugar cravings.
- **Orange slices?** Brimming with antioxidants to reduce the risk of cancer and free radical damage.
- **Broccoli florets?** These contain natural anti-inflammatory compounds that help combat autoimmune issues, digestive imbalances, and so much more.

There is TONS more I could add to the list above, but we'll dig into that later.

But if you're going to choose between eating your vegetables (and delicious fruits...and grains...and nuts....) and taking a pill – you'd choose the plant foods. Right?

This is the ultimate truth captured in your **Plant-Based Lifestyle**: if you undress your eating routine and pull back the curtain to see what plant foods truly do, you'll find a hidden medicine cabinet teeming with some of the most natural and secret of remedies.

Not only will they help KEEP you healthy, they can also PREVENT health problems further down the line – and maybe even add an extra kick to your current health-boosting self-care routine.

With a **Plant-Based Lifestyle**, there's no books to abide by. No rules, no frills, and no extra money to put down.





*Anyone can do it. Your mom and your teacher have been telling you to do it forever, anyway. (“Eat your peas!”)*

AND ALL YOU NEED TO DO TO GET STARTED? A LITTLE  
GUIDE (AND MAYBE A LITTLE PUSH)  
TO THE AMAZING PROPERTIES FOUND IN ALL  
PLANT-BASED FOODS TO HELP YOU ALONG THE WAY.



A close-up photograph of a bowl filled with various fruits and nuts. In the foreground, there are slices of banana, red raspberries, and dark chocolate-covered almonds. A thin gold-colored stick lies horizontally across the bowl. The background is slightly blurred, showing more of the same ingredients. The entire image has a semi-transparent grey overlay with white cursive text.

Wait ... How is  
This Not Being  
a Vegan  
or Vegetarian?



## WAIT – HOW IS THIS NOT BEING A VEGAN OR VEGETARIAN?

Okay, did you come here just to split hairs, or are you really dedicated to your health? (Just kidding!)

Don't get me wrong, I LOVE that you're asking questions. People like you are the exact type this guide is absolutely perfect for: smart, hip, skeptical, and on the lookout for a something off the beaten path – but proven to work.

(Hey, if you're here and you're reading this, don't deny it. Embrace it!) But I bet you're wondering how a **Plant-Based Lifestyle** isn't any different than just, say, carting you off into the next cult of veganism or vegetarianism. (And I swear to you: I'm not!)

(Though hey, vegans and vegetarians – no hate, I love you too.)

*So here's where my definition of a  
Plant-Based Lifestyle*

**GETS AS FINE-TUNED AND COMPLEX AS IT'S EVER  
GONNA GET: FOR THE HEALTHIEST SUCCESS, YOU  
HAVE TO ALSO LOOK AT THE QUALITY, THE SOURCE,  
AND THE NUTRITION OF YOUR CHOICES.**

You see, vegetarians don't eat meat, while vegans don't eat any animal products at all. Sounds pretty plant-based from the get-go, right?





But here's the cinch: plants are amazing, but it's not enough that they're just PLANTS on the surface. That goes for everything from kale, green beans, and berries to rice, crackers, pasta, bread, and more.

I mean, in these times, you have to really, really, REALLY make sure that you're eating plants – and especially ones that don't come with all the chemicals, processed food dyes, preservatives, and other crap that gets added in (and that are bad for your health).

So if you're a vegan or vegetarian, you may be tempted to just select plant-based foods, and go no further.

But let me tell you: that's lazy! If you only follow the bare minimum rules of being a vegan or vegetarian, you can still make unhealthy, awful, and – frankly –crappy choices.

And I see it all the time! I mean, Mac'N'Cheese, Top Ramen, and even Oreos, anyone? All of these foods are vegetarian, and some of them are even vegan.

Don't get it twisted – I LOVE veganism and vegetarianism. But hey, people – you've got to take your **Plant-Based Lifestyle** to the next level!

***With a TRULY Plant-Based-Lifestyle, you have to look underneath and ask:***

- ***Will this nourish me?*** (Check those Nutrition Facts!)
- ***Is this quality, clean food?*** (Make sure you scan those ingredients, too.)
- ***Does it come from a reliable source?*** (A farmer's market? Natural food store? CSA? A distributor or company with a stellar reputation for providing whole, clean foods?)





Wait -

*If you're buying produce, do you know whether or not it's grown without chemicals?*

*How about if it's a non-GMO, heirloom variety to ensure that you're getting the nutrition you need? (AND expect???)*

---

**AND IF YOU'RE BUYING BOXED OR BAGGED PLANT-BASED FOODS, WHAT DOES THE PACKAGING SAY? MAKE SURE TO DOUBLE CHECK IF THERE'S ANY NUTRITION IN THERE AT ALL!**







What Really  
Makes a Plant-  
Based Lifestyle  
Better?



## WHAT REALLY MAKES A PLANT-BASED LIFESTYLE BETTER?

*Okay, so you caught me red-handed.*

The previous section definitely had some strong standards to stick to for living a plant-based, healthy lifestyle.

But hey: it's still pretty simple, right? *Just make sure you're eating plants! That's all.*

Checking packaging, being picky about sources, and making sure you're eating whole, CLEAN and ACTUAL plant foods (not crap!) is not so bad. (I'm not asking THAT much from you, right?)

You just have to make sure that what you're eating is, in fact, plants (instead of fake, chemical garbage – no offense Oreos, simply calling it like I see it). But this leads you to your next question (hmmm...skeptical, aren't we?):

### **What makes a Plant-Based Lifestyle BETTER?**

*Let's break it down:*

*You skip practically 100% of the unhealthy stuff.*

Animal products like meat and dairy are connected to plenty of un-healthy effects. To give you a short list: higher blood pressure, higher cholesterol, food allergies, digestive issues, and chronic inflammation to name a few.



Take sugar too. (I know: sugar comes from plants. But for obvious reasons, let's make an exception here!) You'll find sugars in some fruits and vegetables, this is true – but the form they take in nature is more easily absorbed by the body.

### *More vitamins and minerals.*

Fruits and veggies have always been famous for their vitamin and mineral content: carrots for vitamin A. Citrus fruits for vitamin C. Beets for iron, leafy greens for potassium, and so on and so forth. Most of these you just won't find in animal products. And even with the ones that you can, it's best to find and replace these with plant-based sources.

### *More antioxidants.*

You just don't find antioxidants in animal foods!

No wonder a high meat diet is often connected to cancer risk: there's nothing in animals that helps slow down oxidative damage in the body. (Nope, not even in milk or yogurt, either!)

Now, antioxidants – far be it from required daily nutrients – are something you should keep up a healthy dose of in your diet to stave off free radical damage. In fact, some vitamins themselves that are antioxidants (vitamins A, C, and E) can only be found from plant sources.

### *More PHYTONUTRIENTS!*

Here's one of my personal favorite parts of a **Plant-Based Lifestyle**: plant foods contain powerful compounds that boost health in many wonderful ways! And you won't find them anywhere else but in plants.

It's something that animal products completely lack, and which makes plants so unique – and why you just HAVE to get more of





them into your diet.

For example: tomatoes contain lycopene, a compound that can reduce the risk of heart disease and cancer. On the other hand, some fruits and veggies contain quercetin, a compound that can help prevent type 2 diabetes.

And believe me – the list doesn't end there. TONS of plant foods - vegetables, fruits, nuts, and even mushrooms and grains – contain phytonutrients that pump up your wellness in more ways than you can count!

### *Healthier protein sources.*

There is a nutrient that animal products DO provide that is (I'll grudgingly admit) important – and that's protein!

Think of protein as the ultimate energy source. It's the fuel to our engines. BUT, also, it acts as a building block for tissues and organs all over our bodies.

We (especially us Americans!) love to get our protein from meat and dairy. Without it, we'd get tired and fatigued pretty quick – but as you know, eating tons of meat, day in and day out, isn't exactly healthy (gotta keep that cholesterol low, am I right?).

Here comes plant foods to the rescue! Tons – and I mean, TONS – of plant foods will provide you plenty of protein, so you don't need to rely on animal products to get it (and have boundless energy to boot). Nuts and legumes – like beans and chickpeas – are great examples. But there are many others!

### *More fiber.*

Gotta love fiber! In my personal opinion, this plant material (it's not often called a nutrient...though it definitely should be called one) is the most overlooked health secret in the plant world.



That's because fiber does an amazing number of things: first, it absorbs toxins (yes – TOXINS) in the digestive tract as food passes through. As it passes, it also helps soothe your digestive tract, helping it function smoothly (uh, can I get a hell yes for regularity???)

Last but not least, eating fiber with your foods (even better with your favorite plant foods) can help slow down and even diminish the impacts of some other unhealthy foods you eat.

(I'm talking about YOU, sugar!)

### *More extra healing benefits.*

Similar to what I was praising to the skies a couple paragraphs ago (ahem....phytonutrients), plant foods just can't be beat because of their extra, sometimes hidden little healing capabilities.

While some of these are found in our most common and favorite fruits and veggies (kale...raspberries...beets....I could go on), some of the most fantastic benefits are found in common kitchen herbs and spices!

Yep, these are certainly plant-based too, and they count for something. For example: turmeric can help with inflammation, ginger can help with nausea, parsley can help with allergies....I could go on!

*No chemicals. No guilt. All Good!*

**The best part of a Plant-Based Lifestyle?  
All you get are the PLANTS!**



What

*Nothing else: no chemicals. No saturated, unhealthy fats.  
No sugars (the bad ones).*

*Because – guess what – quality plants completely  
lack all of these!*

*But to make sure that this happens, YES,  
you do have to follow some standards.*

---

**YOU'VE GOT TO MAKE SURE THAT YOU'RE EATING  
WHOLE, CLEAN, AND MAYBE EVEN ORGANIC PLANT  
FOODS WHENEVER YOU CAN TO MAKE IT COUNT –  
AND GUARANTEE THAT IT'S ACTUALLY REAL PLANTS  
YOU'RE EATING.**





The Plant-Based

Lifestyle: Do's

and Don'ts

(and Ultimate No-No's)







# THE PLANT-BASED LIFESTYLE: DO'S AND DON'TS (AND ULTIMATE NO-NO'S)

I can't tell you enough how easy and straightforward a **Plant-Based Lifestyle** is.

So, since you're probably sick of me by now just putting a **Plant-Based Lifestyle** on blast, (oh, you're not? Hooray!), then let's move on to some fun stuff: like how you're actually going to go about it!

## *Plant-Based Lifestyle Do's:*

When you first think about a **Plant-Based Lifestyle**, you might dread all the non-plant foods that you'll be cutting out or minimizing.

But when you REALLY think about it: you're not really cutting out very many foods at a bigger level. In fact, you're opening up your doors to so many more!

### **Vegetables**

- 
- |             |                                           |                    |
|-------------|-------------------------------------------|--------------------|
| • Artichoke | • Arugula                                 | • Cabbage          |
| • Asparagus | • Beans (kidney, navy, black, lima, fava) | • Beets            |
| • Broccoli  | • Brussels sprouts                        | • Butternut squash |
| • Carrots   | • Celery                                  | • Chard            |
| • Chicory   | • Corn                                    | • Cucumber         |



- Eggplant
- Horseradish
- Leeks
- Okra
- Peas
- Radish
- Summer squash
- Turnips
- Zucchini
- Endive
- Kale
- Lettuce
- Onions
- Peppers
- Rutabaga
- Sweet potatoes
- Winter Squash
- Garlic
- Kohlrabi
- Lentils
- Parsnip
- Potatoes
- Spinach
- Tomatoes
- Yams

## Fruits

---

- Apples
- Bananas
- Figs
- Guava
- Lemon
- Mango
- Cantaloupe
- Olives
- Peaches
- Pomegranate
- Strawberries
- Apricots
- Cranberries
- Grapes
- Honeydew
- Lime
- Oranges
- Cherries
- Papaya
- Pears
- Prunes
- Tangerine
- Avocados
- Dates
- Grapefruit
- Kiwi
- Lychee
- Blackberries
- Coconut
- Passion fruit
- Pineapple
- Raspberry
- Watermelon



## Whole Grains

---

- Amaranth  
(gluten free)
- Bran
- Buckwheat  
(gluten free)
- Bulgur
- Corn
- Couscous
- Millet  
(gluten free)
- Oats
- Quinoa  
(gluten free)
- Rice  
(gluten free)
- Rye
- Semolina
- Sorghum  
(gluten free)
- Teff  
(gluten free)
- Wheat
- Wild rice  
(gluten free)

*Keep in mind:* Make sure to check the ingredients of processed foods like bread, pasta, flour, and baked goods to ensure they include *the above listed grains as much as possible!*

## Nuts

---

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Ginkgo nuts
- Hazelnuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios
- Walnuts

## Herbs

---

- Allspice
- Anise
- Basil





- Bayleaf
- Cardamom
- Cinnamon
- Cumin
- Fennel
- Marjoram
- Nutmeg
- Parsley
- Rosemary
- Tarragon
- Vanilla
- Capers
- Cayenne
- Cloves
- Curry
- Fenugreek
- Mint
- Oregano
- Pepper
- Saffron
- Thyme
- Caraway
- Cilantro
- Coriander
- Dill
- Ginger
- Mustard
- Paprika
- Peppermint
- Sage
- Turmeric

**Note:** There are, of course, way more possible plants out there to eat than what's listed up above. **Again:** make sure these come from whole, clean sources – grown without chemicals (or organic, if possible)!



## Plant-Based Lifestyle Don'ts:

As we saw above, THIS is what you'll open up your culinary world to when you follow a **Plant-Based Lifestyle!**

And this is how it compares to what you'll be cutting out (but don't worry: you can start out by minimizing a few of these one at a time at first):

### Meat

- 
- |            |           |           |
|------------|-----------|-----------|
| • Beef     | • Bison   | • Chicken |
| • Duck     | • Elk     | • Goat    |
| • Pheasant | • Pork    | • Rabbit  |
| • Turkey   | • Venison |           |

### Seafood

- 
- |            |                                                       |           |
|------------|-------------------------------------------------------|-----------|
| • Crab     | • Freshwater fish<br>(salmon, trout, etc.)            | • Lobster |
| • Mussels  | • Oyster                                              | • Roe     |
| • Scallops | • Saltwater fish<br>(anchovy, snapper,<br>tuna, etc.) | • Shrimp  |

### Dairy

- 
- |          |             |                  |
|----------|-------------|------------------|
| • Butter | • Cheese    | • Cottage cheese |
| • Cream  | • Ice cream | • Milk           |



- Kefir
- Sour Cream
- Whey
- Yogurt

*When you think more in terms of how much you CAN eat on a Plant-Based Lifestyle (as opposed to what you should avoid – which is, when you think about it, not much), you realize that the possibilities are truly endless!*

EXPERIMENTING WITH WHAT YOU CAN MAKE, EAT, AND ENJOY WITH JUST PLANT FOODS CAN BE FUN – AND THE EXPLORATION OF ALL THE COMBINATIONS (AS WELL AS THE HEALTH BENEFITS YOU WILL DISCOVER) NEVER REALLY ENDS!





Introducing:  
Food Undressed!





## INTRODUCING: FOOD UNDRESSED!

*Are YOU ready to take on your fabulous new  
Plant-Based Lifestyle?*

*Well, I've got just the perfect thing to help get you started!*

**It's called Food Undressed! – an empowerment movement that educates women around the world about the power of a Plant-Based Lifestyle.**

***My goal for this you ask?*** To empower women, achieve oneness (working from the inside out), love who they are NOW in their journey or simply seeking a Whole-istic approach to their transformational journey.

***My other objective:*** to make healthy eating delicious, sexy, and FUN! (Again, no stuffy diets here!)

As the name implies, I also aim to uncover (unzip, or unbutton if you that's your thing!) the secret remedies and Whole-istic benefits hiding within simple plant-based foods.

***For example:***

- Did you know that the herb turmeric contains **curcumin**, a compound that can help with chronic inflammation and prevent cancer?



- Did you know that pineapple contains bromelain, a naturally occurring digestive enzyme that can assist people with digestive disorders?
- Did you know that brazil nuts contain high amounts of the nutrient selenium, which can be a very helpful therapeutic nutrient for handling thyroid disorders?

*Food Undressed! believes that there is no illness, no imbalance, and no fitness goal that cannot be improved to some extent through the power of plants!*

**There is no *dis*-ease that a Plant-Based Lifestyle can't put *at*-ease!**

*I hope you're ready to get started and to finally  
BUST OUT of that limiting diet.*

**DON'T LET DIETS HOLD YOU BACK ANYMORE!**

*Find your best self through a Plant-Based Lifestyle!*

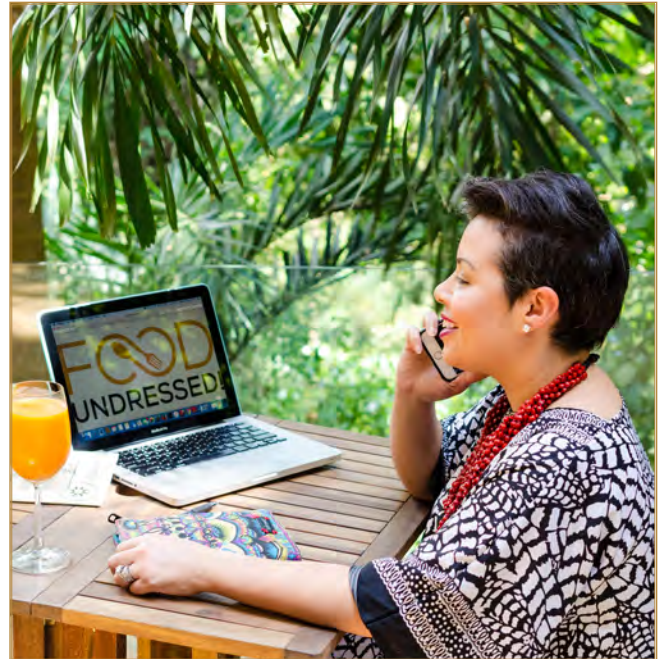




*You Want Personal Attention  
and Guidance?  
You Want In?*

### WORK WITH ME

Congratulations! Yes! I am here to support you to Ditch That Diet and begin to embrace a **Plant-Based Lifestyle**.



Yes, I said "Lifestyle" because this is the beginning of the rest of your life. I want to help you understand your needs and desires through food while living in a body you absolutely love.

It's time you begin living a life full of desires and pleasures that will allow you to be authentic to who you really are. This is not a cookie cutter lifestyle change. It's your lifestyle, all I will do is guide you to create the life you truly want, starting with food.

**You know exactly what you want!**

**Will you say YES? Will you JOIN me?**

Let me help you CRUSH the self-doubt, REPLACE cravings with delicious Nutrient-Dense foods, LOVE who you are NOW and not who you "wish" to become, all while giving you a MINDSET MAKEOVER. I know it sounds like I have SUPERPOWERS! I will show you how I PERSONALLY made the transition to living an EXCITING, ABUNDANT, and WHOLE-LISTIC LIFESTYLE.

Can't wait to work with you, Me + You = Success. [Click here](#) for a FREE mini - Mindset Makeover Discovery Session to learn more about YOU and how we can work together to help you transition into your New Lifestyle.

*Begin Loving the Way You Live!*

XO, *Eva*

# FOOD UNDRESSED!

[www.evamclaurin.com](http://www.evamclaurin.com)