



**Want to lose weight and feel better without dieting,  
portion control, counting calories or food points?  
Without skipping dessert?**

**Smart Plan™ delivers an enjoyable eating plan for weight loss and  
a renewed sense of well being. No willpower needed!**

**Smart Plan takes a whole foods approach to your  
relationship with food and your health by changing your lifestyle.**

**By countering your previous dieting dilemmas with solid  
solutions, you'll guarantee your success! You will never have  
eaten so well and you'll have fun, too! Not to mention how good  
you will look in your skinny jeans.**

**Smart Plan is an empowering educational approach to weight  
loss and renewed vitality. You will come to understand the perils  
of modern agriculture and industrial food processing.**

**If the medical community has failed you with advice to lose weight  
without giving you the tools to succeed, then attend one of our  
enjoyable half day Smart Chats to learn about the program.**

**Smart Chats are scheduled for groups of 5-10 people in your area.  
Call or contact our website to set up a date in your town.**

**Invite four of your friends and attend for free!**

**Spouses and children over age 16 are half price.**

**Lunch is provided so you can sample the delicious foods  
on the Smart Plan Eating Plan.**

**Join our Smart Plan community on-line where we share  
concerns, questions and recipes.**

**You are not alone!**

**[www.SmartPlanForHealthyLiving.com](http://www.SmartPlanForHealthyLiving.com)**



# Smart Plan™

## Smart Plan Testimonials:

**My own journey began with the desire to lose weight, feel better and look great. All while avoiding the inevitable lifestyle diseases caused by obesity and poor eating habits - diabetes, heart disease, high blood pressure, heart burn and others.**

**I needed to devise a balanced eating program - not a diet - that I could live with for continued success. Lacking willpower and not wanting to limit portions was another huge issue, literally. And like most people, I had little free time after a hectic day.**

**After becoming aware of the perils of modern agriculture and industrial food processing whole foods became the basis of this anti-inflammatory eating plan.**

**Many customers continually begged me to show them how I lost seven sizes without dieting and, thus, Smart Plan was born.**

**Others have also enjoyed great success. Many loose between 14-20 pounds the first month alone. It is very gratifying to receive their updates about their renewed energy and weight loss.**

**Amy DoBranski  
Founder of Smart Plan**



**My whole family is doing Smart Plan together with great success. We have all lost weight and feel great - all without dieting! Smart Plan is easy to follow, lots of delicious food and no more cravings!**

**Estelle S.  
Lexington, SC**

For more information on how to Outsmart your Metabolism  
Contact:

**Amy DoBranski • Nutrition Coach • 803-649-5546**  
**[www.SmartPlanForHealthyLiving.com](http://www.SmartPlanForHealthyLiving.com)**