



Vital
Nutrition

Working Well

Vital Nutrition's **Working Well** workshop focuses on what, how and when to eat to help you stay motivated and energised throughout the working day.

Your staff will discover:

- Shortcuts for your shopping list
- Nourishing ideas for work day breakfasts
- How to pack a healthy lunch Monday to Friday
- Easy food swaps to stop the mid-afternoon energy crash
- New ideas for healthy mid-week dinners

Get in touch

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