

A photograph of a woven basket filled with fresh vegetables. The basket is overflowing with large, dark green leafy greens, several cucumbers, and pieces of ginger. The basket is placed on a light-colored, textured surface. The overall aesthetic is natural and healthy.

Eat To Evolve

SERVICES

and

PRICING

NUTRITION COACHING

Building + Maintaining A Healthy Relationship With Food.

A Four Week 1 on 1 Program that introduces a *healthier lifestyle* or *reprograms* your *behaviors* with food.

YOU'RE HERE BECAUSE....

You really do want to live a healthier lifestyle.

YOU JUST MAY:

Not know where exactly to start...

You keep starting over...

You're overwhelmed...

You're an emotional eater...

You're not confident enough to believe you can do this...

You are wanting to transition into plant based...

You honestly don't know why you can't stick to it..

You have no confidence...

You're in a funk...

You have absolutely no control...

YOU'RE NOT ALONE!

I'm not even going to tell you so many women deal with these problems. No I've dealt with every last one of them myself.
For most of my life actually.



Hey I'm Kandiss and this is my truth..

You may be here because you are an emotional eater like I once was.

I'm a foodie, I love food. I now use it as therapy, I use it as art, I use it as fuel. But the reality was I used it to cope for many years. I used food to numb my emotions and as much as I love food I wasn't using it to help me and for that it was only hurting me.

I used to be a strict dieter. Like most of us women, I started because I wanted to be really fit + healthy. It did exactly what I needed it to at that time, and that was to escape from my reality.

Anytime I cheated on my diet, I felt guilty and then it made me feel like a failure so then I would just eat some more.

I packed on the pounds and then it started to damage my confidence, my self esteem, my ambition. My mental health was just deteriorating and I just felt like I was never going to be able to come back from this.

And then I found myself, and believe it or now it was because of FOOD.



I once had to start or even start over just like you...

Making the decision to start a new lifestyle or even transition into a different way of eating.

I remember over a decade ago when I first made the decision to start. Girl I had no idea where to start but I was going to figure something out. LOL

I remember just starting off with the basics + back then I didn't really have the access to the resources we have today. Back then I felt like I didn't really have a strong why.

But fast forward to now, a girl who has had to start over many times. I implemented those practices when I first started but I had and have a much deeper why as to why I needed to get back up and move forward for my long term health.

And I'm going to help YOU do the same thing.

Im going to help you get started + create a simple path to

FOOD FREEDOM

Whether it's just getting started, transitioning into plant based, or overcoming emotional eating.

There are SO many options across social media

But here we're going to be getting back to the basics with a plan that's going to STICK.



Eat To Evolve Coaching

A program specifically designed to guide + support you in healing your relationship with food while building a healthier relationship with your mind + body. This process will help you to mentally, emotionally, + physically remove yourself from fad diets + overwhelming emotions. It's time to take control + evolve to the healthiest version of YOU!

KANDISS SIGLER ● LIFESTYLE, HEALTH, WELLNESS COACH

Benefits Of Working With A *Wellness Coach* Nutrition Edition



Healthy Food Focus

Focusing on whole food eating (nutrient dense foods).
Fueling the body.
Creating a healthy balance.
Treats Vs. Cheats.



Body Confidence

Cultivating body image resilience that creates a space for compassion + grace.

Boosting energy levels into a radiant glow + confidence .



Gain Clarity

Helping you clarify your goals, identify the obstacles holding you back, and then come up with a plan.



Life

Enjoy life without food anxiety.
Living without bingeing or becoming able to take control + a slip up.
Becoming overall healthier.

get to know me...

As a Woman, Not a Coach.

01. How Are You Caring For Yourself Lately?

Been going to bed earlier and giving breaking away from work on Saturday and Sunday. It's been keeping me from burning out.

02. Where Are You Finding Fulfillment Lately?

Honestly in my peace. How i've learned to let go of sooooo much, I enjoy feeling and seeing that growth.

03. What's healthy look like for you?

Movement. Taking a break. More veggies. More water. More rest.

04. How do you get back on track?

Smoothie cleanse, I usually do it for at least 3 days. Get my taste buds back on track.

05. How's plant based?

I freaking LOVE it! IT's soooooo good omg! Like what!

06. What's the most difficult about healthy eating?

When I don't feel like cooking lol... and there aren't really too many healthy grab and go plant based options.

07. Do you feel the pressure of having to look a certain way?

Ummm I used to, sometimes it will come and go. However for the most part no so much anymore.

08. Biggest Day To Day Challenge?

Right now right now, I would say paying attention to how im eating when I am in an emotional state. Life will life sometimes lol. but i've done pretty well considering I used to be a big emotional eater.

09. How are you prioritizing your health?

By being mindful about how i'm moving my body + what i'm putting in it.

10. What do you indulge in from time to time?

SUGAR COOKIESSSSSSSSS!!!!!! When I buy the pack, I eat like 6 and throw the rest away LMBO! It's like 24 in the pack ok. LOL

SIGNATURE SERVICE

Emotional To Evolving —

- ✓ 1 30 minute strategy call
Assessment
Questionnaire
- ✓ 4 45 minute clarity sessions
Scheduled Weekly
- ✓ 4 Week Food Freedom Plan
4 Weeks of recipes
Includes Grocery Lists
Food Journal
- ✓ Food Freedom Workbook
Identifying Triggers
Coping
New Healthy Practices
- ✓ 1 30 Min Close out Call

6 Week Program

Imagine what life would be like if you had confidence in not only what you're eating but how you feel + look. It's time to say goodbye to *emotional eating*. It's not about getting better at managing the urges but no longer feeling the need to turn to food when you are emotional. With a detailed roadmap, we will be working together to **help you overcome triggers + achieve food freedom while loving on yourself just a little more.** Life's about to get that much better for you. **In this program you will:**

- Develop Effective Alternative Coping Strategies for Strong Emotions
- Make Peace With Food
- Understand why dieting or food restriction is NOT a solution to emotional eating
- Become more aware of your emotions and triggers
- Build a healthy relationship with your body
- Building trust within yourself



TOTAL TIME: 4 Hours



contact kandiss for pricing

email: iikandii88@gmail.com

Payment Plan Option: 50% Down as Deposit To Secure Slots (Day & Time). Strategy Call is scheduled and completed along with receiving assessment sheets to complete before start date. 2nd half of payment is due when we begin.

Payments are Non - Refundable.

SIGNATURE SERVICE

NEW JOURNEY —

- ✓ 1 30 minute strategy call
Assessment
Questionnaire
- ✓ 2 30 minute journey sessions
- ✓ 4 Week Meal Plan
Very Detailed
Intro to Healthy eating or Plant Based
Includes Grocery Lists
Food Journal
- ✓ Eat To Evolve Workbook
- ✓ 1 30 Min Close out Call

4 Week Program

The *new journey* program is the introduction to healthy eating whether it's the start, restart, or a transition to the plant based lifestyle. It's a lot going on out there + life is just busy and who wants to really stress about being healthy when it's supposed to be SIMPLE.

This is for you if:

- You're frustrated with dieting
- You don't know where to start
- You need simple strategies that produce results
- Looking to start a brand new healthy eating journey
- Wanting to transition to plant based



TOTAL TIME: 2 Hours



\$199



Payment Plan Not Available. Strategy Call is scheduled once payment has been received.

• Payments are Non - Refundable.

SIGNATURE SERVICE

THE STRATEGY CALL —

- ✓ 1 20 mins strategy call
Assessment
Questionnaire
- ✓ 2 30 minute coaching sessions
4 Meal Plan Only Coaching Clients Will Have Access To
Grocery List
Food Journal
- ✓ 21 Day Meal Plan
Very Detailed
Intro to Healthy eating or Plant Based
Includes Grocery Lists
Food Journal

3 Week Program

Getting started or transitioning and needing the *guidance and or accountability*? The package is perfect for you because we dive right in. The goal is to build confidence by completing the first 21 days.



TOTAL TIME: 1 Hour + 20 mins



\$99

Payment Plan Not Available.
Payments are Non - Refundable.



INTRO SERVICE

THE GUIDANCE CALL

✓ 1 40 minute strategy call

✓ 10 Day Meal Plan
Intro to Healthy eating or Plant Based
Includes Grocery List

Here to help by answering any questions you may have with your journey and helping you to quickly figure out the best approach for your health goals.

You may just be getting started, unsure, or overwhelmed. We'll take 40 mins to break down as much as we can to get you started + leaving you feeling empowered to get going or continue going!



TOTAL TIME: 40 Mins



\$65

Payment Plan Not Available.





Here's to taking this next step to your best self! I'm not only excited to be able to guide + support you through this journey but I am so grateful to be able to share some of my personal experiences. Experiences that I once felt ashamed about, + now i'm always on the edge of my seat waiting to be able to share with someone who could truly use a testimony. This journey is not about being perfect, this is about long term health. I look forward to working with you + can't wait to meet you!

STRATEGY CALL

WHAT TO EXPECT:

01. Discovery what's actually holding you back.
02. Determine the best approach for you to evolve your relationship with food.
03. Create a step by step strategy plan for you to achieve your food + body goals in a way that effective and very much realistic.
04. Schedule your weekly sessions if you've signed up for a signature session.
05. Going over questionnaire + assessment

As your coach I will give my 100% commitment to you to help you achieve your goals. I will challenge you, hold you accountable and encourage you to be brave enough to take the necessary steps forward. In return you need to commit to our coaching relationship by taking consistent action, being open to new ideas and willing to try on new ways of thinking.

Get Started Today
Sign up to secure your spot for July!