



METABOLICALLY FIT COACHING PROGRAM

Congratulations! If you're seeing this document than this means you're finally **READY** to fix your health and saying goodbye to your current health issues **FOR FOREVER!**



Hi, I'm Dietitian Fainah Asad – Thyroid, Metabolism and Fat Loss Expert.

I help people balance their hormones, fix their metabolic health, thyroid symptoms, reducing thyroid antibodies, preventing chronic diseases, and achieving the fat loss they've always struggled to maintain. If you're serious about real change, this is where it begins.



Who is this program for?

This program isn't for everyone —

- ✓ For Adults who are truly ready & dedicated to take control of their health.
- ✓ Stop chasing short-term diets,
- ✓ and finally fix the root causes holding them back.

Follow your personalized plan with full commitment and check these boxes to see measurable transformation for forever.

- Ready to commit for next 365 days. ✓
- I'll follow the customised plans & road map given ✓
- Stay consistent even on tough days. ✓
- Take accountability & communicate openly regarding progress ✓
- Will be more disciplined, dedicated & devoted! ✓

If you can check these boxes then congratulations, nothing can stop you from getting your desired goals & achieving best health.



METABOLICALLY FIT COACHING PROGRAM

GOLD - 3 MONTHS

BOOK CALL FOR PRICES

- Customised Diet Plan - Adjusted every 2 weeks.
- Weekly Check in-form (accountability)
- Private 1:1 calls after every 1 month
- Grocery List
- Supplements knowledge
- Medical Tests Review & guidance
- Customised Workout plans.
- Motivational Support

PLATINUM- 6 MONTHS

BOOK CALL FOR PRICES

- Everything in Gold
- Diet Recipe Book
- Private 1:1 calls after every 2 weeks
- Health (Metabolic & Fitness lessons) provided every week so that you know 'why' behind fat loss & learn it forever.
- Weight Maintenance Training
- Habit & Mindset Coaching Kit
- Nutrition Guide For Family
- Complete transformation

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

FAT LOSS TRANSFORMATION

107KGS TO 88KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

FAT LOSS TRANSFORMATION

70KGS TO 65KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

WEIGHT LOSS TRANSFORMATION

67 KGS TO 57 KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

WEIGHT LOSS TRANSFORMATION

70 KGS TO 53 KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

WEIGHT LOSS TRANSFORMATION

69 KGS TO 62 KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

WEIGHT LOSS TRANSFORMATION

88 KGS TO 83 KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

WEIGHT LOSS TRANSFORMATION

68 KGS TO 51 KGS



BEFORE



AFTER

Poeple who transformed their lives via METABOLICALLY FIT COACHING PROGRAM

WEIGHT LOSS TRANSFORMATION

84 KGS TO 76 KGS



BEFORE



AFTER

People who transformed their lives via
METABOLICALLY FIT COACHING PROGRAM
Reduced thyroid antibodies and improved Thyroid
function.

FAT LOSS TRANSFORMATION

76KGS TO 68KGS AT AGE OF 58 YEARS



BEFORE



AFTER