

EAT CARBS. GET RESULTS.

Training
Workbook



BROUGHT TO YOU BY

Disruptive
NUTRITION
Simple. Sustainable. Satisfying.

Welcome



Hey! I'm Carrie, a certified health and nutrition coach with a background as a professional educator and behavioral specialist. As a result, I know how to teach, support and WORKBOOK you through your journey of truly disrupting everything you THINK you know about nutrition. After taking hold of my own health by figuring out a simple, sustainable, and satisfying approach (that yes, includes carbs!), I am passionate about teaching you what I know is the last nutritional information you will ever need.

LET'S TALK HOMEWORK:

I mean, come on, what kind of educator would I be if I didn't give you homework? Don't worry, we are going to skip the geometry and dig right into the good stuff...how to ditch dieting forever and learn to love your body and live your purpose!

Here's How It Will Work:

- ✓ There are two incredibly powerful activities for you to complete in this workbook. I suggest you do them after the training for the most impact.
- ✓ Write or type your answers and take a photo or screenshot of your finished work, and then post it in the Diet Disruptors Squad Facebook group.
- ✓ Tag me, Carrie Lupoli, in your post! I want to see how it went and hear about your reflections,





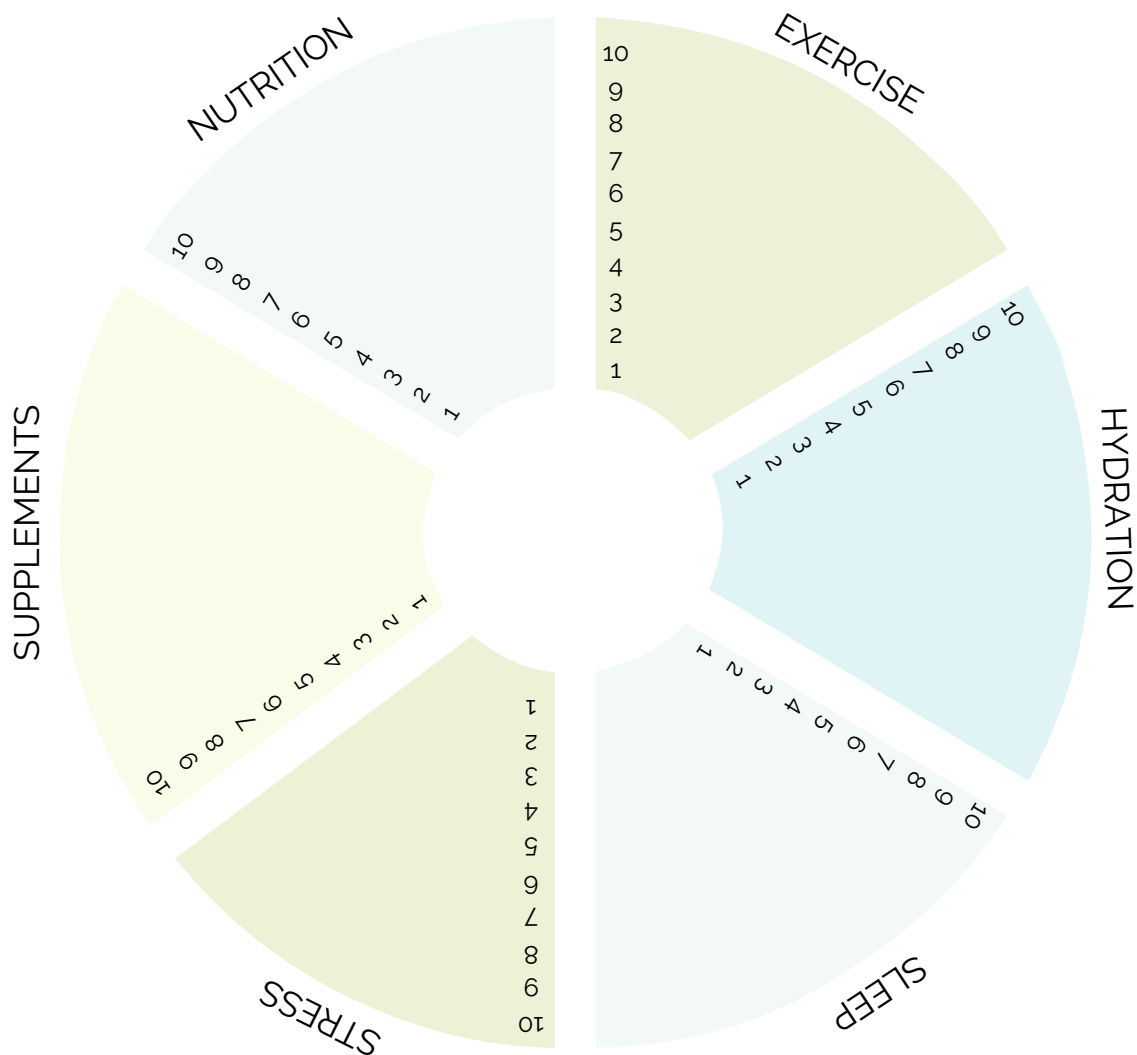
Activity #1: Your 6 Spinning Plates



Snap a photo of your completed homework,
post it in the [Facebook group](#), and tag Carrie!



Rate how you are doing in each area from 1 to 10 (1 being "needs work" and 10 being "I'm nailing this!") Factor in both CONSISTENCY and QUALITY when you come up with your rating. Shade in each section starting at the center and ending at the number you decided on. How does your circle look? Round or wobbly? Small or big?



Based on what you see here, you will know where you need to start! Come up with a plan. Focus on small, achievable progress...and you will be surprised at how when you get one plate spinning, many of the others start spinning too!





Activity #2:

Self-Awareness Checklist

Somewhere along the way in life, many of us started believing that our needs were less important than the needs of those around us. That using time, resources, and energy to take care of ourselves was somehow selfish or lower priority.

THIS COULDN'T BE FURTHER FROM THE TRUTH.

There is no better way to live a life of service and purpose than to make sure that you are putting your needs on your list.

You matter. Your health matters. Be it physical, mental, emotional, or spiritual...the best way to take care of others is to make sure you are taking care of yourself.

Today's assignment is something extra special: a self-awareness checklist that I have adapted from the wonderful book *Madly In Love With Me* by Christine Arylo.

Warning...today's homework may be emotional! Getting healthy has many layers and one of the most important ones is understanding the relationship we have with ourselves.

Go through the statements in both boxes for each category and rate them on a scale of ONE to FIVE as follows. Add up the total for each box. At the end I will give you additional instructions on how to find your final score.

5 = TOTALLY true

4 = More true than not

3 = Equal amount of true and not true (USE THIS ONE SPARINGLY, I encourage you to make a clear and honest decision about each statement)**

2 = Sort of not true

1 = Completely not true



Read each statement, take a moment to HONESTLY reflect on how true the statement is for YOU and rate it on a scale of 1-5. Remember, this is about an honest discussion between YOU and YOU. If you don't want to post your responses on the Facebook Group, that's okay, simply post your reflections based on your results at the end

5 = TOTALLY true 4 = More true than not 3 = Equal amount of true and not true
2 = Sort of not true 1 = Completely not true

Self-Awareness and Self Honesty

_____ I know who I am, and who I am not. I see myself outside of the story of my past, and the confines of the society and family I grew up in.

_____ I take responsibility for my impact. I am aware of how my choices, actions, and words affect others.

_____ I know what matters to me and what doesn't and I consistently make choices that align with my big WHY.

_____ **Total**

_____ I define myself in relation to my past, my family, or my societal expectations. A big part of my identity comes from these things.

_____ I often over indulge in activities or substances that numb me out. I overuse alcohol, TV, smoking, food, sex, shopping, giving advice, or work.

_____ I've become self-absorbed and unaware of my actions and words and their impact. I don't always notice how I'm affecting others.

_____ **Total**

Self-Acceptance

_____ I love being me. I wouldn't want to be anyone else but me. Being me is grand.

_____ I rarely ever compare myself to others or external standards. There is only one, and to compare myself to someone else is insane.

_____ I accept love and my body for who she is. I may not like every single body part, but I do love them all. I don't talk badly about any part of my body.

_____ **Total**

_____ I am mean to my body. I get upset that my body is not different. When I look in the mirror, I see what I don't like, not what I do like.

_____ I see other people as perfect, or put together. I look at other people and think that I am wrong, and imperfect, or damaged goods.

_____ I spend more time being hard on myself than I do appreciating and acknowledging myself. I find it hard to see what's good about me and celebrate it.

_____ **Total**



5 = TOTALLY true 4 = More true than not 3 = Equal amount of true and not true
2 = Sort of not true 1 = Completely not true

Self-Care

I feel full of energy, vibrant and alive. I am healthy. I wake up feeling energized and stay that way throughout the day. I am rarely sick.

I have a balanced life. I feel like all areas of my life, physical, mental, emotional, and spiritual are well cared for.

I have no problem putting myself first because I know that taking care of myself allows me to take care of others.

Total

I experience emotional swings and dips in my energy. My emotions and energy seem to go up and down.

I feel overwhelmed and exhausted. I am tired, I wake up and go to bed thinking about my to do list.

I am out of balance. I give a lot of energy to one or two specific areas of my life, and other areas suffer because of it.

Total

Self-Compassion and Self-Forgiveness

I support myself to try again, whether I falter or fail. Instead of beating myself up, I use kind words with myself, even when I fail.

I engage in more self-love talk than self-hate talk. I think compassionately and positively about myself, instead of critically and negatively.

I am not critical or judgmental of others, or myself. I rarely criticize or judge others, or myself, and when I do, I change my tune quickly.

Total

I blame or shame myself. I make myself feel bad for things that happen, whether they were in my control or not.

I set unrealistic expectations and judge myself for not meeting them. When I don't clear the high bar I've set, I get angry and upset with myself.

I have regrets about choices I've made in the past that I can't let go of. Instead of forgiving myself, I still fault myself.

Total



5 = TOTALLY true 4 = More true than not 3 = Equal amount of true and not true
2 = Sort of not true 1 = Completely not true

Self-Trust

I act clearly and confidently when making choices and taking action. I make decisions about my life quickly, easily, and without much doubt.

I can find my way back to a calm, centered place during times of high stress or uncertainty. I know how to find the voice of inner wisdom and distinguish it from fear.

I listen to my opinions over those of others. I ask my inner wisdom before asking others for guidance. I act on my inner wisdom council, even when others have a different point of view.

Total

I doubt myself. My mind gets stuck in self-doubt, and I start to question myself, my choices, my thoughts, my actions.

I overanalyze, overthink, and obsess. Before making a decision or taking action, I run lots of scenarios through my head, talk to many people to get their opinions, and even search the Internet for hours. I then obsess over whether I made the right decision.

I am swayed by others' opinions or their potential judgments. I change my decisions, or stop myself from commenting or acting, because of what other people may say or think.

Total

Self-Esteem

I have a high level of self-confidence and self regard. My confidence in my abilities is strong, and it takes a lot to shake that inner belief.

I am proud of what I accomplish and accept attention and acknowledgment easily. I know that I am good at what I do. I accept praise without excessive concern that others will feel reduced because of my success.

I strive to be the best me that I can be. It's important to me that I always give my best effort. I value my effort and talents.

Total

I experience self doubt and feel inferior. I get waylaid by inner feelings of anxiety, doubt, or fear. I often feel mediocre or inferior.

I give up easily or short of what I want. I settle for less than I really desire, because deep down I don't believe I can do it.

I don't believe I'm good enough. I may say I really want something, but deep down I don't believe I deserve it.

Total



5 = TOTALLY true 4 = More true than not 3 = Equal amount of true and not true
2 = Sort of not true 1 = Completely not true

Self-Empowerment

I take responsibility for my life circumstances. I am not a victim or martyr. I believe that I am responsible for the state of my life, regardless of the circumstances that I find myself in.

I change what I don't like about my life. I am the captain of my life, I am in control, and I make shifts whenever needed.

I am unafraid to live my life differently, even if that means upsetting others. I don't need permission from others to do what I want or to live the way I want.

Total

I feel powerless and stuck. I feel like I don't have control over, or the power to change, my circumstances. I blame others or external forces for the things I don't like about my life.

I allow others' opinions to influence my choices. I allow what other people say or think to stop me from doing what I want.

I feel afraid, I stop myself from making changes or going for what I really want.

Total

Self-Respect and Self-Honor

I respect all parts of me, my spirit, my mind, body, and feelings. I don't discount, disregard, or degrade my body, my intelligence, my feelings, or my experience.

I respect others, but not in lieu of respecting myself. I give the respect I desire to others, while still respecting myself.

I stand up for myself. If I find myself in a situation in which I am not being honored or respected, I speak up and take action to change it.

Total

I disrespect myself through my words and thoughts. I say, or think mean things about myself.

I discount my feelings and importance. I feel diminished or embarrassed when I show my feelings. I feel that I matter less than other people.

I have unhealthy relationships and make self-destructive choices in them. I have codependent, toxic, or physically, emotionally, mentally, or verbally abusive relationships.

Total



5 = TOTALLY true 4 = More true than not 3 = Equal amount of true and not true
2 = Sort of not true 1 = Completely not true

Self-Pleasure

_____ I feel happy more than unhappy. Even in moments of high stress or unhappiness, I can return to joy quickly.

_____ I have a healthy balance of work and play. Even when I work hard, I don't go a day without doing something fun or pleasurable.

_____ I know when I need more play and pleasure, and I don't feel guilty about doing what I need to get it. Just like I get medicine to tend to a cold, I get my pleasure medicine to tend my soul.

_____ **Total**

_____ I try to get pleasure in quick spurts or by binging on it. I wait until I'm starving for fun, and then I over indulge. I eat, drink, spend, or sleep too much as a result.

_____ I don't remember what I actually like to do for fun and pleasure, because it's been so long. I can't think of more than a few things that I like to do for the sake of pure joy.

_____ I am too busy to enjoy small pleasures. I am so consumed by my to-do list or workload that I don't take time to slow down, and do things like notice beauty, connect with nature, spend a day in bed, read a non-work book, or savor my food.

_____ **Total**

Self-Expression

_____ I express my thoughts, feelings, and gifts fully and freely, even when this makes others uncomfortable. I shine brightly without shrinking back.

_____ I bring my unique flare to everything I do. I am myself, even if that means I do things differently from everyone else. I don't need to blend in.

_____ I feel like I am living in full color. I am truly living a life that reflects who I am. I feel alive and my life feels vibrant.

_____ **Total**

_____ I shrink back, hold back, and suppress my thoughts, feelings, and gifts. I want to express myself or offer my gifts, but at times I don't.

_____ I feel like I am living someone else's life, or like my life is only half alive. I go through the motions of life rather than living my life fully.

_____ I hide or change parts of myself to fit into the situation or relationship. I am afraid of what others will think, so I let external influences dictate how I express myself.

_____ **Total**





Time for a little math...



First Column - Second Column = Result

Self-Awareness and Self Honesty
Self-Acceptance
Self-Care
Self-Compassion and Self-Forgiveness
Self-Trust
Self-Esteem
Self-Empowerment
Self-Respect and Self-Honor
Self-Pleasure
Self-Expression
Totals

First Box Total	Second Box Total	First Box - Second Box =

Let's take a look at your **TOTAL score**. Overall, are you lacking in self-love? If so, remember this data is a gift! A chance to be self-aware about this is **POWERFUL** because you might be seeing that without truly loving yourself, or taking the steps to learn how to do so, long term success will always be beyond reach.

Let's dig in a bit more. On the next two pages you are going to read definitions of what each area means at it's highest level of LOVE.

Take each area of self-love and picture yourself as you read through the definitions of each one. Based on your scores, how far away are you from that vision?

What areas do you need to focus first that will move the needle right away? As you continue through this journey of self-discovery and speaking your body's love language, complete this analysis over and over again.

Think about this as a way to measure progress instead of that scale! If your scores start to get higher and higher as you implement what we teach, what could that mean for your life?



Analyzing Your Results...

Self-Awareness and Self Honesty: My Score ____

A high score here means you have a deep understanding of who you are and who you aren't, with an unwavering commitment to truth about how your actions, thoughts and choices affect your reality and the people and world around you.

This is an area that needs more love

☐

Self-Acceptance: My Score ____

A high score here means you make the choice to actively like who you are, without exception, judgment, or wishing you could be someone other than you. In fact, truth be told, you adore and appreciate who you are, and wouldn't trade places with anyone else for the world. (at least for more than a few moments!). You consistently acknowledge yourself, for all the ways in which you were imperfectly, perfectly you.

This is an area that needs more love

☐

Self-Care: My Score ____

A high score here means you choose to make sure that you get what you need on all levels. Physically, spiritually, emotionally, and mentallyevery day.

This is an area that needs more love

☐

Self Compassion and Self-Forgiveness: My Score ____

A high score here means you make the choice to open your heart and to be a loving witness to yourself, without judgment, by sending yourself waves of kindness, understanding, and forgiveness, that touch, heal, and transform your imperfections, weaknesses, vulnerabilities, and human through the presence of your unconditional love.

This is an area that needs more love

☐

Self-Trust: My Score ____

A high score here means you choose to listen to, and follow the guidance of your inner voice, believing you know what is right for you, even when other people think or say otherwise.

This is an area that needs more love

☐

Self-Esteem: My Score ____

A high score here means you have a strong belief in and regard for yourself and a strong confidence in your ability to do and be anything.

This is an area that needs more love

☐

Analyzing Your Results...

Self-Empowerment: My Score ____

A high score here means you choose to take charge of and responsibility for your life by acting to create the lief you really desire, without apology or requiring approval from others.

This is an area that needs more love

☐

Self-Respect and Self-Honor: My Score ____

A high score here means you have an unwavering commitment to making only choices that respect and honor the sacred soul that you are.

This is an area that needs more love

☐

Self-Pleasure: My Score ____

A high score here means you choose to consistently create, receive and experience joy, ensuring that your soul is full fed and nourished.

This is an area that needs more love

☐

Self-Expression: My Score ____

A high score here means you make the choice to let the world see you, fully, truthfully and without apology or holding back. You are fully and freely express your heart and soul.

This is an area that needs more love

☐

Snap a photo of your completed homework,
post it in the [Facebook group](#), and tag Carrie!



My Reflections and Notes From This Exercise:



CROWD FAVORITE

recipes



ALL DESIGNED TO KEEP YOUR
BLOOD SUGAR BALANCED!



Mongolian Beef



5 servings



30 minutes

INGREDIENTS

For the rice:

- 4 cups of cauliflower rice
- 1 tbsp coconut oil
- 1 garlic clove minced
- ½ tsp Himalayan salt
- ½ tsp black pepper
- 2 tbsp sesame seeds
- 1 tbsp unseasoned rice vinegar

For the beef:

- 2 tbsp of coconut oil
- ½ medium onion, diced
- ½ cup coconut aminos
- ¼ cup organic honey
- 2 garlic cloves, minced
- ½ tsp grated fresh ginger
- ½ tsp red pepper flakes
- pinch of coarse salt
- pinch of freshly ground pepper
- 1 tbsp arrowroot powder
- 1 pound flank steak thinly sliced
- Sprinkle of sesame seeds

DIRECTIONS

1. Place 1 tablespoon of coconut oil in a pan over medium heat. Add the garlic and the sesame seeds and cook for about 1 minute. Add the cauliflower rice, salt, pepper, and rice vinegar to the pan and cook for an additional 5 to 8 minutes, until the cauliflower is cooked.
2. In a bowl, make the sauce by combining the coconut aminos, honey, garlic, ginger, red pepper flakes, and a pinch of salt and pepper, and whisking until well combined.
3. Put the cauliflower rice aside and add 1 Tbs of coconut oil to the pan over medium heat. Add the onions and cook for two minutes, then add the sauce and let it come to a boil.
4. Add the arrow root powder to the pan, 1 teaspoon at a time, while continuously whisking until the mixture is thickened, about 2 minutes.
5. Place the steak slices in the pan. Simmer the meat in the sauce for about 5 minutes or until no red meat is apparent, flipping halfway through.
6. Serve over cauliflower rice and top with a sprinkling of sesame seeds.



Shrimp Tacos with Cilantro Lime Sauce



6 servings



15 minutes

INGREDIENTS

For Tacos:

2 lbs shrimp, deveined & tails removed

1 tsp paprika

1 tsp garlic powder

½ tsp dried oregano

1 tsp cumin

½ tsp red pepper flakes

½ tsp salt

4 tbsp olive oil

24 tortillas of choice (I like Siete)

For Creamy Cilantro Sauce:

1 cup sour cream

3 tbsp fresh cilantro, minced

1 tsp lime zest

¼ tsp salt

2 tbsp lime juice

1 ½ cups green cabbage

1 ½ cups red cabbage

1 tbsp jalapeño, minced

Toppings: lime wedge, fresh cilantro

DIRECTIONS

1. In a large bowl, season shrimp with paprika, garlic powder, oregano, cumin, red pepper flakes, and salt. Toss gently to combine.
2. Spray pan with cooking spray and sauté shrimp until pink, typically 3-5 minutes.
3. Set shrimp aside for taco assembly.
4. In a bowl, combine all creamy cilantro sauce ingredients. Stir well to combine.
5. In a large bowl, combine green cabbage, red cabbage, and minced jalapeño. Pour half of the sour cream mixture over the cabbage, saving the other half for extra sauce to put on the tacos.
6. Assemble the tacos on tortillas. Add the cabbage mixture, followed by the shrimp. Top with the creamy cilantro sauce, cilantro, and a squeeze of lime juice.

Disruptive
NUTRITION
Simple. Sustainable. Satisfying.

www.disruptivenutrition.com

ORANGE CHICKEN



5 servings



30 minutes

Note: I love to serve with some cauliflower rice on the side!

INGREDIENTS

- 1 lb. chicken breasts cut into 1-inch cubes
- ¼ cup tapioca starch
- 2 Tbsp avocado oil
- 1 Tbsp toasted sesame oil
- 2 cloves garlic, crushed
- 1 inch piece ginger, crushed
- ¾ cup orange juice (freshly squeezed)
- 3 Tbsp coconut aminos
- 2 Tbsp maple syrup
- ¼ Teaspoon red chili flakes

DIRECTIONS

1. Toss the chicken cubes with the tapioca starch until well covered.
2. In a medium bowl, mix the orange juice, coconut aminos, maple syrup & chili flakes. Set aside.
3. Add oils, garlic & ginger to a skillet & sauté for 1-2 minutes until fragrant but not burnt.
4. Add chicken cubes and sauté until almost a bit browned. Once a bit browned, remove them from the pan & set aside.
5. Pour the sauce into the pan & scrape all the browned bits from the bottom of the pan.
6. Cook the sauce until it's reduced by about half. You want to make sure it's thick enough to coat the chicken but not too thick. My rule of thumb is it's thick enough when your sauce coats the back of a spoon and holds a line when you draw your finger through it.
7. Once thickened, add the chicken back to the pan to completely coat the chicken. Warm the chicken through & it's ready!



Dutch Apple Pie Muffins



Makes 12 muffins (2 muffins per serving)



30 minutes

INGREDIENTS

1 c. oats
1 c. egg whites
1/2 c. unsweetened applesauce
2 scoop vanilla protein powder
2 scoop vital proteins collagen
1 t. pure vanilla
1 t. nutmeg
1/2 t. ground cloves
1 t. cinnamon
3/4 t. baking soda

3/4 t. salt
2 eggs
1 T coconut oil
1 diced apple

Topping:

1/2 c. oats
1 scoop protein powder
1 T coconut oil

DIRECTIONS

1. Blend all ingredients except apples until smooth
2. Pour batter into muffin tin lined with paper liners
3. Gently sprinkle diced apples and crumble topping over each muffin
4. Bake on convection setting of oven at 350 for 20 mins

Braised Apple Cider Baked Chicken



8 servings



35 minutes

INGREDIENTS

5 pieces of turkey bacon
2 lbs skinless chicken thighs
1 leek diced
4 cloves of garlic minced
1 tsp cinnamon
1/2 tsp sea salt, more to taste
1/2 tsp black pepper, more to taste
1 lb of Brussel sprouts, quartered
1 bundle of fresh thyme
1 1/2 cups of fresh apple cider
2 tsp dijon mustard
1 tbsp maple syrup

DIRECTIONS

1. In a dutch oven, cook bacon until crispy and then set aside on a plate.
2. Season chicken with salt and pepper and then sear on each side until brown (about 5 minutes per side).
3. Remove browned chicken from pan and set aside on a plate.
4. Add diced leek, garlic, pinch of salt & pepper, and cinnamon. Stir well, and cook until leeks are translucent.
5. Add Brussel sprouts and stir in mustard and thyme.
6. Pour in apple cider and mix until everything is combined. Cover and bring to a boil. Lower the heat and add in the chicken and let simmer for 15 minutes or until chicken is cooked through.
7. Remove chicken, brussel sprouts, leeks, and thyme out of pan and onto a serving dish.
8. Add maple syrup to the sauce and bring to a high simmer. Pour sauce over chicken dish and garnish with bacon. Add sprinkle of salt, pepper, and thyme if desired.

LEMON PASTA WITH PEAS, ASPARAGUS & GRILLED CHICKEN



5 servings



30 minutes

INGREDIENTS

2 cups green peas, fresh or frozen
16 spears fresh asparagus, halved with ends trimmed
1 8-oz package Banza pasta
2 Tbsp extra virgin olive oil
4 cloves garlic, minced
1/2 lemon, juiced
1 Tbsp fresh dill, chopped
1/4 tsp kosher salt
10 Tbsp nutritional yeast
10 oz grilled chicken breast
Additional salt, pepper and lemon juice to taste

DIRECTIONS

1. Bring a large pot of water to a boil and prepare an ice bath by filling a large bowl with cold water and lots of ice. Add the peas and asparagus to the boiling water and cook for 2-3 minutes, or until tender. Drain and quickly plunge into the ice bath.
2. When the asparagus and peas have cooled, drain the water and set aside.
3. Cook the pasta: Bring a large pot of water to a boil (use the same pot you cooked the peas and asparagus in) and cook the pasta according to package instructions.
4. While the pasta is cooking, preheat the oil in a large skillet or Dutch oven and add the garlic. Cook on medium heat for 3-4 minutes, or until softened. Stir frequently so it doesn't burn.
5. Add in the pasta, peas, asparagus, grilled chicken, lemon juice, dill and salt. Stir until combined. Cover and let cook on low heat for 2-3 minutes, or until the peas and asparagus are heated through. Do not overcook as the vegetables will get too soft. Add nutritional yeast and stir to incorporate. Add pepper, salt, and lemon juice to taste. Serve and enjoy.



SANDY'S LEMON BLUEBERRY BAKED PROTEIN OATS



6 servings



40 minutes

INGREDIENTS

- 1 1/2 cup oats
- 1/2 cup ground flax seeds or chia seeds
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 cup vanilla protein powder
- 1 cup nonfat Greek yogurt
- 1 tsp almond extract
- 1 tsp vanilla extract
- 1.5 cups unsweetened almond milk
- 1 cup fresh or frozen blueberries
- 1 lemon, juiced and zested (1/2 mixed in, 1/2 on top)

DIRECTIONS

1. Combine dry ingredients in a bowl and stir.
2. Add yogurt, extracts, milk, lemon juice, and 1/2 of the zest. Stir well.
3. Place into a greased 9x13 dish and top with blueberries and more lemon zest. Bake at 350 degrees for 30-35 minutes. Cut into 6 servings

Disruptive
NUTRITION
Simple. Sustainable. Satisfying.

www.disruptivenutrition.com



Buffalo Turkey Meatballs



5 servings



30 minutes

INGREDIENTS

1 lb ground turkey
1 cup panko bread crumbs
¼ cup celery finely chopped
1 tsp minced garlic
1 large egg

¾ cup of buffalo sauce (divided)
2 tbsp green onion (more for garnish)
½ tsp onion powder
Salt and pepper to taste
Pinch of blue cheese crumbles on top

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Line baking sheet with parchment paper.
3. Combine ground turkey, panko, egg, celery, garlic, green onion, onion powder, salt and pepper and 1/4 c of buffalo sauce.
4. Shape into 1 inch balls and place on parchment paper. (Should make 15 balls.)
5. Bake 15-20 minutes or until cooked through.
6. Remove from the oven and toss in remaining 1/2 c of buffalo sauce. Feel free to sprinkle green onions and blue cheese crumbles on top.
7. Serve with a side salad or some roasted veggies!



Disruptive
NUTRITION
Simple. Sustainable. Satisfying.



IF YOU WANT SOMETHING DIFFERENT, YOU HAVE TO DO SOMETHING DIFFERENT.

At Disruptive Nutrition we help women see their bodies as their best friends instead of their enemies.

And for too long you have been taught all wrong about what it takes to reach your goals.

It's time to do it right. It's time to STOP DIETING AND START LIVING.

Connect with Carrie and learn more about options for working together.



NOTES

