



# INTUITIVE NUTRITION BLUEPRINT

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12 Week mentorship for women who want to take control of their health,  
and feel confident enjoying the food they love  
without guilt, trendy diets & counting calories

## WHAT IF...

- **What if...** you knew exactly what to eat and felt empowered to make educated choices about what's on your plate....
- **What if...** you no longer felt the need to diet and lose weight....
- **What if...** you had unshakeable confidence and felt comfortable in your body...

*...without overwhelm, feeling restricted, giving up chocolate, missing social events or counting calories?*

# HERE'S THE PROBLEM...

**Here's why most women get stuck on the yo-yo diet rollercoaster:**

- Their bodies are tired after YEARS of crash dieting
- They're letting the scale dictate their self worth
- After so many diets and google searches they are completely overwhelmed by the the amount of conflicting information (eat this, don't eat that!)
- They believe lack of willpower is causing them to gain weight
- Constantly telling themselves they'll start again on Monday
- Caught up in the societal expectations of what beauty is & pressuring themselves to fit into an unrealistic mould.

Eventually, these women give up. Blaming themselves because another diet didn't work!

**Feeling defeated sucks.**

**But it DOES NOT have to be this way!**

# HI, I'M CASSIDY



Hi! I'm **Cassidy**, Founder of **Intuitive Nutrition Blueprint**. I know how it feels to be consumed by our weight -- I was struggling to look in the mirror, try on clothes, go to events and even eat food without stress & anxiety about what's on my plate.

After deciding it was time to make a change, I enrolled in a holistic nutrition school. This changed the trajectory of my life. It was no longer about what I looked like, it was strictly about my **HEALTH**. When I stopped worrying about what others viewed me as, I was able to step into my power, do the inner work and my body & mind were able to heal.

So, I am now on a mission help women step into their true authentic selves and get off the yo-yo diet rollercoaster, for good!...

In my search to master my mind, body & soul, I learned how to access deep rooted limiting beliefs, and poor habits that were no longer serving me. I was able to change the narrative and break up with the scale once and for all! Women around me were constantly asking what have you been doing?

So, I put together a program to teach my signature methodology that has allowed me to help women build confidence, feel aligned & comfortable in their own skin -- all without dieting! **That is how "Intuitive Nutrition Blueprint" was born!**

# WHO I WORK WITH

**I have found that my system works best for these two groups:**

1. Women who are sick of dieting and ready to take control of their health and make peace with their plate so they can live a more fulfilled life.
2. Chronic yo-yo dieters who feel like they've tried everything and nothing works for them.

## WHY I'M DIFFERENT

- I'll give you **proven systems & structure** to accomplish goals every single week & keep you on track.
- I've coached many women before you who have completely transformed their outlook on weight-loss & food.
- I teach you how to confidently fill your plate without spending money on fancy supplements and 'health food' gimmicks
- I support you with LIVE interactions 1-2x per week, as well as unlimited daily support.
- I am 100% results-driven - you get lifetime access to the material AND support.
- I'll teach you how to improve your mindset to **overcome your mental blocks**.
- I care deeply for your inner fulfillment, happiness, and holistic transformation.

## HOW IT WORKS

When you sign up to work with me, we'll start off with a one-on-one phone call to talk about your health goals. From there, we will develop a customized plan that fits into your current lifestyle to move you through the following steps:

### **STEP 1: Lifestyle Audit**

In Week 1, Bring awareness to your current habits & lifestyle. We'll reveal the root causes of your self-sabotage and other behavioral patterns that prevent you from reaching your goals. More importantly, we will create a detailed vision for your life (goals) & connect to your WHY so we can implement new behaviours in alignment with your highest self.

### **STEP 2: Nutrition Foundations**

Discover your current belief systems around food. Explore why diets don't work & let go of the many diet rules picked up over the years. You'll understand protein, carbohydrates, fats and why you need them ALL. You'll learn the value of adding in rather than restricting & cutting out. You will feel confident filling your plate at home, while you're at events and even on vacations!

# HOW IT WORKS

## **STEP 3: Identity Awareness**

You'll begin to take ownership over the way you think/feel/react currently (without judgement). You are simply observing your patterns. You'll discover why specific environments/situations/people are triggering you & how this connects to your relationship with food. Learn to protect your energy & set up boundaries to ensure you're on the road to success with massive mindset shifts.

## **STEP 4: Managing Stress, Sleep, Gut Health & Cycles**

You'll learn how to identify how stress shows up in your body and how it affects your ability to lose weight. You'll understand why sleep is important and how it is connected to weight gain. You'll have actionable steps to improve your sleep & minimize your stress. You'll learn why gut health is important for both your physical AND mental health. We dive into how to live in alignment with our monthly cycle - this is a game changer!

## **STEP 5: Reinforce New Patterns**

This phase will allow you to reinforce new patterns & habits you've built to ensure you have permanently shifted your lifestyle. You'll understand the process of growth & retraction so you are not discouraged by different seasons of life. We'll reflect on your new belief systems, accomplishments & progress so you can leave this program feeling deeply connected and ready to embrace your highest authentic self.



## RESULTS



“I joined INB to gain a better understanding of the relationship I had with food.

INB gave me the confidence to break free from the restrictions and expectations I held for myself when it came to what I could & couldn't eat. With Cassidy's guidance I was able to let go of measuring out protein & carbs to be the exact amount of grams. This ultimately gave me food freedom to be more relaxed around food. Especially if eating out at a restaurant — I no longer need to over analyze every dish. Food became enjoyable when no longer needing to precalculate every move.

Cassidy is an amazing resource that really works with who each of her clients are and how they are best served.

My favourite part of INB was the group of women. I'm very grateful for the support from each of the women in this program — it really felt like a community of women lifting each other up as we navigate our relationships with food.”

— ***Taryn Bumstead***

# RESULTS



“Eating has always been a stressful thing for me, afraid of it, the thought of it, and the stigma around it. It was my drug of choice to cope with any emotional event in my life.

Cassidy is a genuine individual and understood where I was coming from. Not only did I feel a connection with Cassidy right from the beginning, she also hit a chord with me, one that allowed my eyes to open. We started making small changes and all of us (family) easily adapted without even blinking.

Cassidy’s commitment to her clients is refreshing and her knowledge and passion of what she believes in is exceptional. Cassidy has been an inspirational part of my growth and understanding of food and it is individuals like herself that we need more of in this world.”

– **Nicole Markland**

## RESULTS

“Cassidy’s program totally delivered on its promise. I went into the 12 week program hoping to learn a couple new recipes and maybe lose a couple pounds – but I got so much more than I expected. I finally know how to eat – I conceptually knew what a balanced meal was, but I was still too cautious with fats.

Cassidy showed me how to prepare meals that were filling. I finally feel like I can plan meals in a way to eat completely instead of minimizing calories.

The coaching Cassidy provided along on the way was so helpful. It was reassuring to know other people had been where I was on days where I felt defeated or frustrated. She nudged just the right amount to keep me moving forward and helped get rid of my all or nothing mindset.

She has set me on a journey of small improvements – each week a small lesson with achievable homework helped me build a number of great habits. At first 12 weeks sounded so long! Now I can’t imagine I ever thought I could achieve something great in less time.”

– ***Holly Goodings***



## RESULTS

With Cassidy's coaching, I became aware of my habits, thoughts and self-sabotaging patterns. I was a chronic dieter, binge eating on weekends then crash dieting during the week. She helped me realize my digestive tract & metabolism was damaged from years of crash dieting and gave me tools to start improving them.

With Cassidy's support, I stepped outside my comfort zone and slowly became comfortable talking about my body's inner workings, my past and even things I didn't realize were an issue. Our weekly sessions ended up being something I looked forward to.

Cassidy's program was more than just about food. After completing the program, I am way more aware of how important my health is. It helped with my relationship too, as we are now able to communicate better about food, health, and what we want in life moving forward.

The goal is no longer being skinny or fit. I care about how my body feels every day. The anxiety I felt around food is gone, I sleep better, my workouts are better, I am happier and more confident in my body. Cassidy is a little Canadian gift to Americans.

**- Allie Anderson**

## RESULTS

“When I reached out to Cassidy I was hoping to develop a style of eating that helped me maintain a healthy weight and improve my fitness. I mainly struggled with a sugar addiction & could not keep chocolate in the house.

I enjoyed working with Cassidy because of her positive encouragement, knowledge and accommodations to life style food choices (ie married to a farmer). I also like that the program was balanced with all aspects of life which gave me a new perspective on food/dieting.

This program was the perfect combination of support, comprehensive knowledge, good material (ie recipes, worksheets etc), encouragement and videos. I appreciated being able to watch, read & listen to lessons.

I very easily lost weight, feel great and made "peace with my plate". I don't have to count calories and I can confidently eat good fats and I let go of my sugar addiction. If you're thinking of joining Cassidy's program, you can learn a lot. Embrace it & you will get from it exactly what you put into it. Cassidy is a pleasure to work with.”

– **Liz Shantz**

# RESULTS



Thank you so much!

Aug 10 @ 3:06 PM by Ashl



I know I should be focusing on my non-scale victories. But when I stepped on the scale this morning, my weight is going down. And I'm eating more than I have in a long time. I don't let myself get to that feeling of being "starving" before I eat.

Aug 11 @ 7:50 AM by Ashl



That is a huge win Ashleigh!

Aug 11 @ 8:06 AM



It's funny how eating more actually allows us to lose weight 😊

This is great news as it means your body is recovering from years of dieting and beginning to trust you again

Aug 11 @ 8:07 AM



It feels really good!

Aug 11 @ 8:43 AM by Ashl



Katie

## Review Form

✓ Save

### Questions & Answers

### Pinned Notes

#### My biggest take away so far: \*

Following a meal plan that has different food & flavours. The meal plan has showed me that eating healthy isn't boring. When eating healthy I find I have less cravings & more energy. Often I would eat healthy but it would be with low carbs and I would still feel hungry. The meal plan is filling and never makes me hungry.



Today while I was getting ready for work I caught a glimpse of my body in the mirror and instead of having the negative thoughts of look at that loose skin and rolls, I thought wow look at the muscle definition I've been working so hard for and my healthy body that was able to carry my sweet girl and then feed her for a whole year. What a difference it makes when I'm kind to myself. Thank you for empowering me to be kind to myself.

Aug 14 @ 1:57 PM by Erin



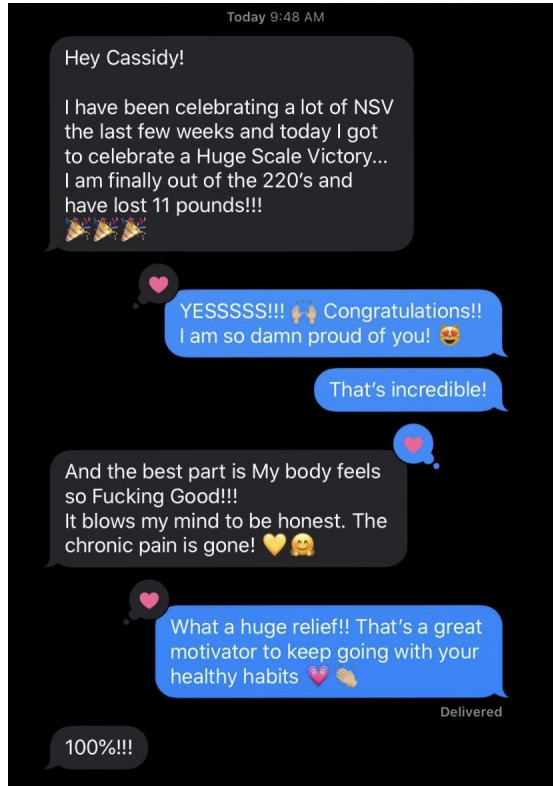
I am so proud of you! You've been showing up & doing the work. This is incredible growth Erin! I am so excited to continue watching your journey unfold 🧡

Aug 14 @ 2:12 PM





# RESULTS



# RESULTS



keepingupwithlo\_\_

I am beginning to have a better relationship with my body, the gym, and food again. Thanks to @cassidyneiser

I've struggled with body dysmorphia (even when I was a size 2 and dancing 20 hours a week), with starving myself, with bingeing food, with bingeing alcohol... you name it.

I have a slew of health issues including Hashimotos Thyroid, PCOS, hormonal imbalances, and more.

@cassidyneiser has provided healthy, colorful, and delicious meals that help in balancing my hormones naturally.



The first picture from December 2017, 3 months into my journey with Crossfit a gym virgin (never once in my life been), second picture October 2018 is right before starting my first meal plan with Cassidy Neiser, Holistic Health Nutritionist with goals to lose fat and increase my gym performance after building a consistent gym routine. Lastly the photo on the right is January 2019 🥰!

Wow, this girls wearing a 2 piece on vacation! 🌴🍹🍷 definatue fat loss and new PR's!

I'm not done, stay tuned for the next transformation! ✨💖✨



# INTUITIVE NUTRITION BLUEPRINT

Intuitive Nutrition Blueprint is a 12 week, high touch coaching program that gives you 1-on-1 support to help you achieve your specific goals in a way that jives with your busy schedule.

***You will receive:***

- **12 weeks of detailed curriculum**
- **10x weekly coaching calls**
- **Access to food journal & secure online portal**
- **Meal Planning & Recipe book**
- **Daily support & accountability via messaging or email**
- **Weekly training videos**
- **Lifetime access to personal growth material**
- **Access to supportive student community**
- **Ongoing support postprogram**

**More BONUSES inside INB**

**Want to work together?** Click the button below to book a Discovery Call with me. On the call, I'll get to know you, ask some questions about your health journey, and learn about your goals.

**At the end of our call, 1 of 2 things will happen:** You'll either be a perfect fit, and I will extend an invitation to work with me as one of my clients...

Or, if it's not a good fit, that's totally okay too. There won't be any hard feelings and **NO obligations on your part** — I will suggest something else you can do to achieve your goals, and point you in the right direction.

Let's chat!

[Click here to book a call](#)