

WWW Weekend is for You!

Your facilitator, Betsy Barbieux, a Professional Development Coach, will arrange a 2-night get away in a retreat setting. You will learn how to plan, shop, cook, and count your calories, fat, and fiber grams. With 3-4 other women who need one-on-one mentoring and coaching just like you, you'll enjoy cooking and eating five meals together. As a final treat, Betsy will show you how to eat out and make better choices.



Betsy Barbieux, Professional Development Coach



2501 West Main Street #108
Leesburg, FL 34748

Phone: 352-728-5075

E-mail:

Betsy@ImageInsideOut.com

Web site:

Calling all Women Who are Watching their Weight—

The WWW Weekend is Here!



How many times have you:

- ✓ Broken your New Year's resolution
- ✓ Quit your weight loss program

How many times have you had trouble:

- ✓ Shopping and finding the better foods and brands
- ✓ Eating out
- ✓ Planning your meals
- ✓ Fixing meals your family would eat
- ✓ Figuring out how to calculate calories, fat and fiber grams

You don't want to:

- ❖ Give up the foods you love – like desserts
- ❖ Live on prepackaged, expensive meals
- ❖ Measure every bite you take
- ❖ Weigh your food

You need:

- ★ Answers to your questions and hands on guidance
- ★ Someone to show you how to turn dieting into a livable lifestyle

Sponsored by Image Inside & Out and Betsy Barbieux

Tel: 352-728-5075 E/M Betsy@ImageInsideOut.com

WWW Weekend Sample Meal Plan*

Friday dinner

Low Country Boil
(Shrimp, potatoes,
onions, sausage,
corn, etc.)
Cornbread
Salad
Dessert
Beverage
Bedtime snack



**Low Country Boil
also known as
Frogmore Stew—a
Southern tradition!**

Saturday breakfast

Eggs (omelets, poached, scrambled)
Breads and muffins
Fruit
Coffee or Tea

Saturday lunch

Tuna salad, turkey or ham cold cuts
Toppings: spinach, tomatoes, onions,
mustard, mayo, cheese
Bread
Chips or fruit or potato salad
Dessert
Beverage
Afternoon snack

Saturday dinner

Chicken and rice
Peas and limas
Salad
Dessert
Beverage
Bedtime snack

Sunday breakfast

Egg/sausage/cheese breakfast casserole
Fruit
Breads and muffins
Coffee or Tea

Sunday lunch

Eat out



Our recipes will be low fat, high fiber, and great taste.

You'll have a great time preparing the meals together AND eating them.

What to Expect-

We will be using fresh, frozen, or canned items and just a few things from boxes. Our ingredients are simple, using foods found in most homes.

You'll receive the shopping list for the recipes. Learn how to estimate the food values using calories, fat and fiber grams.



What There Won't Be-

- No sales gimmicks.
- No "box" meals.
- No name-brand weight loss meals/snacks.
- No food scales.
- Nothing fancy, no exotic herbs

Bring your favorite recipes, and we'll talk about how to "convert" them to lower fat, higher fiber.

BONUS—Time for Yourself!

Other than cooking and eating, the weekend is yours to relax and do as you please. Read, shop, rest, walk on the beach—whatever you want to do!

Cost is \$165 per woman and includes your 2-night stay and personalized coaching. A 50% deposit is required to reserve your spot. Register with a friend or colleague and save \$15 each.

Registration is limited to 4 per session.

Each person is responsible for purchasing items for one assigned meal. Be prepared to dine out for one meal. Transportation to and from the retreat will be your responsibility. Carpooling may be available.

**For the next WWW Weekend date,
call 352-728-5075
or click Betsy NOW!**

***Meal plans may change. Please advise of any food allergies when you register.**



2501 West Main Street #108
Leesburg, FL 34748

Phone: 352-728-5075

E-mail:

Betsy@ImageInsideOut.com

Web site:

www.ImageInsideOut.com