



Eden's Peak Mobile Fitness

Eat Out Without Falling Off Track

Best Choices

- Grilled chicken
- Steak with vegetables
- Salads with dressing on the side
- Rice, potatoes or beans over fries

Avoid

- Sugary drinks
- Bottomless chips
- Cream-heavy sauces

Ready for personalized coaching?

Book your FREE Eden's Peak Strategy Session.
Performance • Wellness • Mindset