



Eden's Peak Mobile Fitness

Simple Nutrition That Works

Build Every Meal

- Protein
- Fruit/Vegetables
- Smart carbs
- Healthy fats

Easy Swaps

- Greek yogurt instead of ice cream
- Zero-calorie drinks instead of soda
- Air-popped popcorn instead of chips

Ready for personalized coaching?

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