

Dr. Ann's

Grocery Shopping Guides Licensing Program



Dr. Ann recognizes that most of the work of healthy eating is done right in the grocery store! She has carefully and completely scripted this critical step in the journey to better nutrition with her customized Grocery Shopping Guides.

Grocery Guides Offered:

- Eat Right for Life®
- Anti-Aging
- Healthy Cholesterol
- Healthy Breasts
- Healthy Colon
- Healthy Prostate
- Healthy Pregnancy
- Brain Health
- Just Say Whoa! to Type II Diabetes
- Weigh Less for Life
- Anti-Inflammatory
- Bone Health
- Eye Health
- Healthy Heart
- Healthy Blood Pressure
- Just Say Whoa! to Cancer

Each user-friendly guide begins with the cardinal strategies for healthy eating related to the specific Grocery Guide theme. These fundamentals are followed by a comprehensive list of all the “Dr. Ann approved” foods (grouped as they are typically found in the grocery store).

Foods that are particularly important for the given theme are red and noted as the “superstars.” Where relevant the “ground rules” are provided to identify the basis for the foods selected.



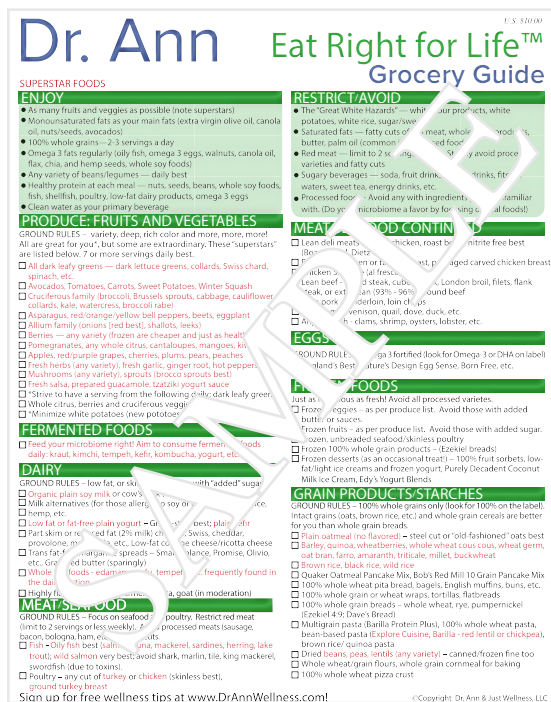
INCENTIVES that Work



SEE YEARLY PRICING TIERS BELOW.

****Another popular option is to reward your employees with physical, laminated copies of a Dr. Ann Grocery Guide. Ask us about our great deal on bulk pricing!****

"I used your shopping guide and lost 34 pounds before I even opened your book!" - Eleanor G.



Access to All 16 Guides
≤ 200 employees - \$1,000
201 – 1,000 employees - \$1,500
1,001 – 3,000 employees - \$2,000
3,001 – 5,000 employees - \$3,000
5,001 + employees - CALL FOR QUOTE

Access to Any Single Guide
≤ 200 employees - \$333
201 – 1,000 employees - \$500
1,001 – 3,000 employees - \$667
3,001 – 5,000 employees - \$1,000
5,001 + employees - CALL FOR QUOTE

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