



# PREGNANCY PLATE WORKSHOP

Presented by MIND BODY FREEDOM

Targeted pregnancy nutrition designed to help navigate your changing nutritional requirements & optimise baby's development

Rachel Scholz- accredited practicing dietitian & registered counsellor

3 hour face to face

Thu 9-12am , Sat 1.30-4.30pm

Limited spaces

For group bookings

E : [rachel@mindbodyfreedom.com.au](mailto:rachel@mindbodyfreedom.com.au)



## WHAT YOU WILL TAKE AWAY:

Why nutrition in preg matters  
Key nutrient's I need more of  
What are the best food sources  
Foods avoid or limit  
Am I eating for two  
Building a pregnancy plate  
Managing cravings & nausea  
Common concerns reflux, constipation  
The gut-brain baby connection  
Long term impact on baby  
Practical meal & snack idea's

\$245 includes per person  
3 hour workshop  
Light refreshments get a taste for real food

Limited spaces book here



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