

TESTIMONIAL - LAURA REYNOLDS

We sought out Kaylie after a stressful summer of renovations and moving and it had led to some pretty bad habits, food wise. There were lots of celebrations with friends and campfires and chips and beer. We needed help to reboot our nutrition while also commuting and caring for our two kids.

We were feeling overwhelmed by a big change and wanted advise on how to regain control of our diets and get back on track without taking on too many new changes at once.

Kaylie came to the rescue with an easy to follow and realistic meal plan that allowed me to quickly hit the grocery store, prep on the weekends and have plenty of leftovers so I wasn't cooking all the time!

Making the transition to cleaner foods and making small daily changes allowed us to let go of our nerves and eat delicious food that helped fuel our bodies without ever feeling deprived. We were so impressed by how clear and easy to follow her recipes were while never being bland or overly complicated to prepare.

We always looked forward to our weekly check-ins, Kaylie always brought encouragement and was genuinely invested in our success. She was flexible when we needed to shift things week by week and left us with such an abundance of resources that we felt prepared to "leave the nest" at the end of our 4 weeks together. We feel like we have reset our palate and reminded ourselves about how great food can make you feel awesome! The best part about working with Kaylie was learning to let go of "perfect" 24/7 and allowing ourselves the freedom to enjoy good food without feeling guilt.

If you are anyone you know feels overwhelmed at the idea of meal planning or wants to move towards a more balanced, healthy diet, Kaylie is who I would recommend in a heartbeat!

TESTIMONIAL - JENINE WILSON

I had the wonderful experience of working with Kaylie as my holistic nutritionist over the past month.

Not only was Kaylie a pillar of strength and compassion throughout my time with her, she was (and continues to be) a wealth of knowledge.

Kaylie's positive energy and beaming personality truly light up a room, and I have to say, this attitude is contagious!! I felt so comfortable talking to Kaylie, right from the get go.

She genuinely wants to know your story, to understand your areas of concern and your goals for the future.

I found that Kaylie's approach to my plan was individualized, thoughtful and supportive. I didn't feel pressured or rushed, I genuinely felt that my program was truly my own.....Kaylie was consistently seeking my input and feedback, to ensure that I owned it and it worked for me. As a result of my time with Kaylie, I have learned so much.

Beyond delicious recipes, I was able to deepen my understanding of how different foods affect my body, and which foods make me FEEL my best.

I cannot thank Kaylie enough for her dedication, support and enthusiasm. This is a woman who is passionate about enhancing people's understanding of their health and wellness. She is all about that practical approach to helping you find your own individual balance.

TESTIMONIAL - PATRICIA CAMPBELL

Completing the 6 Week Nutritional Transformation with Ashley and Kaylie from Royally Fit was one of the best decisions I have made for me mental and physical health.

This program was so much more than just telling me I need to eat a certain way.

They helped to coach me through the mental side of dieting and eating. I constantly struggled with flip flopping between dieting and binge eating. I repeated this cycle for many years. It is because of their program that I now have a better understanding of how my emotions and mentality around eating has affected my choices. I love that we focused on looking at our past and be kind to ourselves when we made revelations around our choices. I have never been this in-tune with my body and what it needs. I am confident that I can make conscious choice about how I fuel my body and meet my needs without feeling deprived. I found a community through this program to help work through the emotional healing.

Both Kaylie and Ashley were there to support me as I need! Never once did I feel I was alone on this journey!!!! Ashley and Kaylie's approach to looking at our food choices from a healing perspective, helped me shift from thinking of eating healthy as a diet, but as a lifestyle choice. I want to thank these ladies for this program! I have honestly shifted my perspective and am forever grateful for their dedication and commitment to all the ladies they work with!!

- From 6-Week Badass Nutritional Transformation Program

TESTIMONIAL - PATTY LOTTON

I feel amazing!!

I have absolutely loved the recipes and have not felt deprived of anything this week. I feel excited and motivated for the first time in a long time! I get the whole scale thing now too! I was feeling so good yesterday and my first thought was to climb on the scale and see if I was down. Then I thought about what you had said about the mind games it played. If I did jump on the scale and not see a change in my weight my feel good high would have completely deflated. I actually felt a significant shift in the way I feel about weight loss. I've always needed to see a certain number instead of just basing my progress on how good I feel!!

Thank you for that wake up call!

From 6-Week Badass Nutritional Transformation Program