






MONDAY: RECIPE OF THE WEEK

- Post BOTH photos to Facebook Groups
- Post FIRST PHOTO ONLY to Instagram and Facebook Pages with the recommended text:

RECIPE OF THE WEEK

Become a client of {insert nutrition business name} to get access to the full recipe!

-  Nutrition Business Website
-  Nutrition Business Email
-  Nutrition Business Phone




Develop Healthy Habits that Last a Lifetime!

TUESDAY: TESTIMONIAL

- Testimonial from Client with the recommended text:

Tested & Proven. Real People. Real Results.

Become a client of {nutrition business name}.




-  Nutrition Business Website
-  Nutrition Business Email
-  Nutrition Business Phone

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WEDNESDAY: NUTRITION TIP OF THE WEEK

- Post photo WITH VERBIAGE to Facebook Groups
- Post PHOTO ONLY to Instagram and Facebook Pages with the recommended text:

Become a client of {insert nutrition business name} to get in-depth information about our Nutrition Tip of the Week!

-  Nutrition Business Website
-  Nutrition Business Email
-  Nutrition Business Phone




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THURSDAY: CLIENT HIGHLIGHT/RESULT

- Post Highlight/Results to Facebook Groups, Instagram and Facebook Pages with the recommended text:

Tested & Proven. Real People. Real Results.

Become a client of {nutrition business name}.

-  Nutrition Business Website
-  Nutrition Business Email
-  Nutrition Business Phone

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Pro Tips:

- Refer to the Nutrition Tip of the Week and Recipe of the Week Automation Schedule to assist in scheduling posts. Feel free to create your own schedule! Just make sure to not duplicate. You have 52 recipes & tips, one for each week of the year!
- Make sure to be interactive on your Facebook Group Pages. Post pictures, ask questions, give suggestions, etc. Encourage members to post and interact on the page, as well. This is a key resource to be able to interact on a more personal level with all clients.
- Share all posts on your business, and personal, stories for Facebook & Instagram.