Gift Card

Give the Smart Life for 2023 Gift Card

For Private Cooking Classes, Food Shopping Tours and Private Coaching.

Jump Start Your Smart Life 3-session Package

This Jump Start Your Smart Life 3-session package is $525. I hope you'll join me and jump-start your health the Smart Life way.

Jump Start Your Smart Life 6-session Package

This Jump Start Your Smart Life 6-session package is $950. I

hope you'll join me and jump-start your health the Smart Life way.

Post-Cleanse Online Follow-Up Session

If you're joining us for the Soup Cleanse, you can purchase a follow-up health coaching online session post-Cleanse for just $100! These sessions are exclusive for cleanse participants only.

Private Cooking Classes

In your private class, you will work together with Ronit to learn how to transform your kitchen to help increase energy and vitality, reduce inflammation and weight gain, and supercharge your healthy genes.

Private Shopping Tour

Join Ronit for a Private Shopping Tour and learn more about the products recommended to live a Smart Life, the products NOT recommended and a deep dive into reading food labels and nutritional information to give you confidence and

understanding when you’re shopping for nutritious ingredients for a healthy Smart Life recipe and eating plan.

The Smart Life 14-Day Meal Plan Ebook

This eBook includes everything you need to reset your palate to crave clean healthy foods, recharge your metabolism, and shed extra weight. This reset plan will help you optimize your health, without any hunger or deprivation. Weight loss is a byproduct of this healthy way of eating.

The Smart Life 14-Day Meal Plan Ebook with One-on-One Consult

This eBook includes everything you need to reset your palate to crave clean healthy foods, recharge your metabolism, and shed extra weight. This reset plan will help you optimize your health, without any hunger or deprivation. Weight loss is a byproduct of this healthy way of eating.

To set up your one-on-one consult, email Ronit at ronit@smartlifehc.com