

FOOD SELECTION by Monica Waltner – you know you're shopping with a healthy conscience when you see this logo in Meisl on Graben.



Leading expert nutritionist Monica Waltner has hand-picked products, exclusively for shoppers at Meisl on Graben, which are easy on digestion and suitable for those with wheat allergies, as well as sugar and dairy intolerances.

Are you following a particular diet? We completely understand: the FOOD SELECTION BY MONICA WALTNER includes a large range of products suitable for a variety of plans, including Metabolic Balance®.

### **Shopping made quick and easy!**

According to statistics, every fourth Austrian struggles with a food intolerance of some kind. For many of us, that can mean feeling run down, bloated and unmotivated after eating. For others, poor nutrition can lead to many conditions from skin rashes and shortness of breath to severe digestive disorders.

“Proper nutrition is vital in today’s world where we need to deliver performance, are expected to radiate beauty and confidence while staying on top of our health and wellbeing,” according to the expert nutritionist. “But in reality, who has the time to analyse the ingredients of each and every food item or create healthy and individual food plans?”

Not to worry, Monica Waltner has taken care of this for you.

“I am, so to speak, with you every step of the way to support and advise you whilst shopping or planning your business meals in the Meisl Restaurants.” Quality ingredients, fresh preparation and variety are orders of the day as, “Food should bring joy, put a spring in your step during the day and send you to a deep and peaceful sleep at night.”

Naturally, the entire FOOD SELECTION is free from unnecessary chemical’s and additive’s.

If you have any special requirements, Monica will be pleased to help you in-house. To arrange an appointment (in English or German), please call 0699 10104807 or email [monica.waltner@gmail.com](mailto:monica.waltner@gmail.com)

“The wonderful advantage of Meisl on Graben is that more than 16,000 products are offered here,” says a pleased Monica Waltner, “So we have the best products to suit your needs and goals all under one roof.” The Meisl sales staff has also been personally trained by the expert nutritionist so that, wherever possible, even special queries can be dealt with carefully and efficiently.

## **About Monica Waltner:**

Nothing stirs passion for a career more than first-hand, personal experience. “At the end of the 1990s, I myself suffered from bronchial asthma, hay fever and neurodermatitis. I had already been working in the health industry, so it was a logical step to then immerse myself in nutrition, and to find solutions for my own health problems.”

With the education and training of a qualified nutritionist, Metabolic Balance® consultant, came personal success, “Back then, I needed my asthma inhaler three times a day. Today, maybe only once a year.” Furthermore, Waltner took much pleasure in guiding her international clientele to health, wellbeing and great shape. “In the past 20 years, I have worked with students, mothers, politicians, executives and top athletes. I am now delighted to be able to share my experience with countless clients in the FOOD SELECTION BY MONICA WALTNER.”

In addition to the FOOD SELECTION Waltner also offers:

- personal shopping services
- product advice and information
- cooking courses
- catering plans from the FOOD SELECTION BY MONICA WALTNER
- nutritional advice for individuals, groups and organisations looking to protect their employees from stress overload and burnout

For more information, please visit [www.monicawaltner.at](http://www.monicawaltner.at)

For enquiries via telephone, please do not hesitate to contact Monica directly on 0699 1010 4807

The FOOD SELECTION BY MONICA WALTNER shows which foods are suitable for you at a glance, with an easy-to-follow logo highlighting:

- No added sugar
- Wheat free
- Lactose free
- Metabolic Balance friendly
- Power foods for lasting energy