



Group Nutrition and Cooking Program

In This Two Month Journey, You Can Expect To:

- * Balance out your weight
- * Improve digestion, assimilation and elimination
- * Minimize or eliminate cravings
- * Stabilize blood sugar
- * Detoxify
- * Improve energy and mental clarity
- * Cultivate an incredibly healthy relationship with food

This Program Includes:

- * (4) Two hour intensive nutritional counseling sessions
- * (2) Whole foods cooking classes
- * Food and self-care samples
- * Handouts to keep up your program long after it ends
- * (1) 90 minute health food store tour
- * Exercise and meal planning
- * Supplementation plan

Cost: \$600 per person (minimum 5 participants)

Class 1

Goal setting for individuation within the program
pH balance for optimum health - hows and whys
Targeted supplementation for greater health
Leafy Greens: Types and how to incorporate them into your diet
Complex Carbs: Appropriate amounts for each individual.
Introduction and Samples

Cooking Class: *Whole Grains, Greens, Root Vegetables and Protein*

Class 2

Primary Foods: What feeds you other than food?
Cravings: How to deconstruct and Eliminate them
Blood sugar balance
Healthy snack options
Intuitive Nutrition: Learn to be flexible with your food for life
Exercise Planning: Connect to movement you feel inspired toward
Natural Sweeteners: Keep the sweetness, get rid of the sugar

Class 3

Caffeine, Adrenal Fatigue and Hormonal Balance
Healthy Fats and Oils
Food Allergies and alternatives
Cooking Class: *Healthy Deserts*

Class 4

Healing foods and Superfoods
Appropriate protein levels for mental acuity
Increasing energy levels
Blood type analysis
Metabolic profile
Nourishing self care practices