

Nutrition Program



8 Steps to a Healthy YOU



Step 1: Nutriton 101

Eating is a balance of moderation and variation, not deprivation. This program reviews the importance of nutrition, eating whole foods, supplements and implementing healthy steps. What you eat affects your energy, sleep, mood and more, because food is fuel and medicine. If you know why it's important and what to do, you'll find healthy eating enjoyable, satisfying and rewarding. When you learn how to make simple changes that are not overwhelming, healthy eating is sustainable and fun.



Step 2: Kitchen Cleanse

Nutrition starts in the kitchen. This program will cover how to identify CRAP (chemicals, refined sugars, additives and preservatives) in the fridge, freezer and pantry. We'll review a Kitchen Inventory Brochure and discuss ways to part with the CRAP. Then you'll learn about taste buds, cravings and food addiction and how they contribute to your eating habits. This step is about rediscovering your kitchen and changing habits to increase the variety of foods you consume.

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Step 3: Grocery Shopping Guidance

Good nutrition starts with smart choices in the grocery store. With a little preparation and guidance, healthy choices can be easy to find. Nutrient rich whole foods like fruits, veggies, legumes, whole grains, seeds and nuts can help you reach your daily dose of vitamins, minerals and fiber. This program will cover steps to take before shopping and which sections to target in the store, as well as those to avoid. Next, we'll discuss shopping on a budget, review healthy food label tips and check out a healthy food list; including the Dirty Dozen and Clean Fifteen. The big benefit of being a savvy shopper is that you save time and money while getting healthy.



Step 4: Healthy Food Swap

What prevents most people from making healthy decisions is they don't know where to begin, how to make healthy choices or what to buy. Now that we've identified CRAP, it needs to be replaced with healthy options. You will learn how to stock your kitchen with healthy foods, staple items and nutritious meal choices. Healthy eating is not a punishment but an opportunity that has significant benefits.

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Step 5: Healthy Cooking 101

Our health is greatly influenced not only by the food we eat but how we prepare and store it. Current data supports the need for a paradigm shift in how we prepare and process food; which may be equally important as nutrient composition. Learn about healthy dishware and utensils for cooking, healthy cooking methods, oils and proper food storage. Modern diets are largely heat-processed and as a result contain high levels of advanced glycation end products; which represent pathogenic compounds that have been linked to the induction and progression of many chronic diseases.



Step 6: Meal Planning & Food Prep

One of the best steps you can take to improve your health is to understand the multiple benefits of food prep and meal planning. These two actions help with optimal food intake, portion control and preventing the hangries. We'll cover food prep strategies, the essentials to meal planning, making healthy snack creations and meals on the run, for work or fun.

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Step 7: Mindful Eating

There's no diet that will do what mindful eating does. When the focus becomes how you eat, not what you eat, the awareness of what you want to eat shifts for the better. Learn the proper steps to employ for mindful eating, how hormones play a role and why chewing your food is important. Eating habits begin to change when you understand the benefits and shift the focus to where, when and how you eat.



Step 8: Creating Healthy Habits

Three essential aspects to improving overall health and sustaining a healthy lifestyle are sleep, diet and exercise. Get sufficient sleep, maintain a well-balanced diet with plenty of fruits and vegetables, and make exercise a priority. These three things play a crucial role in nourishing the body and brain. It's important to incorporate steps that are achievable and sustainable, so that they become habits. Eating healthy is a lifestyle not a diet.