

12 Week Program Outline

1 STARTING LINE MEASUREMENTS & IDENTIFYING THE IDEAL HUMAN DIET

2 GOAL SETTING & GUT-HEALING FOODS

3 MASTERING DETOURS & DEBUNKING THE MYSTERY OF OUR DIETARY

4 GUIDELINES TO UNDERSTANDING NUTRITIONAL KETOSIS

5 EAT THIS, NOT THAT: CHOOSING A LOW-CARB OR KETOGENIC EATING PLAN

6 TRACKING & NAVIGATING YOUR PLAN

7 FASTING: ALTERNATE DAY EATING AND TIME-RESTRICTED FEEDING

8 MOVING FOR LIFE

9 STRESS, SLEEP & BALANCED LIVING

10 COOKING DEMO

11 FOOD AS MEDICINE

12 FINISH LINE MEASUREMENTS

TRANSITION TO A CONTINUOUS WELL-BEING LIFESTYLE AND LEAD THE WAY FOR OTHERS

