



Mind Body Nutrition

Group Format Overview

A three-month group that meets every other week for a total of 6 sessions.

1. Session 1—

- Intro and format, challenges and goals
- greens, organics, personal change
- home work—breakfast experiment, drink more water
- giveaways*—greens, granola
- Handouts—recipe, greens, increase energy, condiments

2. Session 2—

- Mood and food, cravings
- grains, sugar addiction, history
- homework— chewing, mindful eating
- giveaways*—greens, oat groats
- Handouts—recipe, grains, healthy snack list, cravings, sweeteners

3. Session 3—

- Primary Food--Exercise
- protein, modern system, clean sources of meat/poultry/fish
- homework— protein experiment
- giveaways*—beans, grain
- Handouts—recipe, local meats, dairy, circle of life

4. Session 4 --

- Primary Food-- Career
- fats and oils
- homework— ayurvedic assessment
- giveaways*—sesame oil, Lara bar
- Handouts—recipe, get slow, safe frying, smoke point

5. Session 5—

- Primary Food—Spirituality, guided visualization
- Bioindividuality markers, healthy-on-the-go
- Homework— Bioindividuality Activity
- Giveaways*— quinoa or buckwheat, green tea
- Handouts—recipe, desire list, blood type, lifestyle suggestions

6. Session 6—

- Primary Food --Relationships
- Cultural trends, marketing, maintaining momentum
- Giveaways*— finale gift
- Handouts—recipe, poem, program completion, marketing to kids

*= subject to change