



# **NUTRITIONAL BOOT CAMP**

## *Course Outline*

- Week 1** Introduction, What is a Nutrition Coach, Goals & Contracts
- Week 2** Whole Food Nutrition vs. Supplementation.  
Macronutrients, Micronutrients, and Phytonutrients  
The importance of eating a rainbow of foods  
\*Veggies and a raw dip
- Week 3** Sugar, Salt & Oil. Making better choices and why it is important
- Week 4** What is "Clean Eating" and why should I "Eat Clean".  
Learn how to easily read labels. Probiotics & Fermentation.  
\*Clean Chips & Salsa demonstration
- Week 5** Vegetarian, Pescatarian, Lacto-Ovo Vegetarian, Vegan, Raw Food,  
Low Fat Raw Food (80-10-10) ... what can we learn from each lifestyle?  
\* Herbal Tea with healthier sweeteners & sprouting demonstration
- Week 6** Tools of a Whole Food Diet: Knives, Blender, Spiralizer, Dehydrator etc.  
Learn about the tools and alternatives that you probably have in your kitchen  
\*Spiralized Veggies with Pad Thai sauce demonstration
- Week 7** Clean 15 and the Dirty Dozen from the Environmental Working Group  
Genetically Modified Foods (GMO), Eat Local movement  
How to minimize exposure to pesticides and herbicides on/in our foods.  
\*Simple Fruit Salad demonstration
- Week 8** Candida & Cleansing  
What it means, why should we consider it and how to do it safely?  
\* Freshly juiced green juice demonstration
- Week 9** Trouble with Wheat. What is the Gluten Free 'Fad' all about?  
\* Healthy Gluten-Free Molasses Cookies
- Week 10** Why minimize dairy consumption or go Dairy Free? Introduction to Non-Dairy  
Mylks (Almond, Hemp, Cashew etc.) and how to make them simply  
\* Almond Mylk sample & recipe
- Week 11** Where will I get my Protein?!?  
\* Cheezie Kale Chips sample & recipe
- Week 12** Graduation, Muscle Testing, Review Goal Setting, open discussion on all topics.  
Class members are encouraged to share recipes, tips & tricks.

***LOTS OF DISCUSSION, \*SAMPLES AND DEMONSTRATIONS!***

*Content May Change without Notice*