



NUTRITIONAL BOOT CAMP

Course Outline

| | |
|----------------|---|
| | Invitation |
| Unit 0 | Introduction |
| Unit 1 | Building Blocks of Nutrition |
| Unit 2 | Whole Food Nutrition vs. Supplementation |
| Unit 3 | Sugar and the Insulin Connection |
| Unit 4 | Salt |
| Unit 5 | Fat & Oil |
| Unit 6 | Clean Eating & Label Reading |
| Unit 7 | Hacking Your Hormones |
| Unit 8 | Nutrition Lifestyles |
| Unit 9 | Whole Foods Kitchen |
| Unit 10 | Gut Health |
| Unit 11 | Nutritional Effect of Modern Farming |
| Unit 12 | Genetically Modified Foods (GMO) |
| Unit 13 | Probiotics & Fermentation |
| Unit 14 | Trouble with Wheat |
| Unit 15 | Candida Cleanse |
| Unit 16 | The problem with Dairy |
| Unit 17 | Where will I get my Protein??? |
| Unit 18 | Mindful Eating |
| Unit 19 | The Science of Habits & Successful Goal Setting |
| Unit 20 | Fasting |
| BONUS 1 | Optimal Nutrition |
| BONUS 2 | Cravings & Self-sabotage |

Samples, Recipes and lots of discussion

Content May Change without Notice