

NUTRITION PROGRAM OVERVIEW

Nutrition

Nutrition Confidence

One of the key components of the nutrition pillar is self-improvement. Each area of focus in nutrition confidence works on developing or improving a specific skill to help create a positive foundation.

Taking Inventory

Developing a foundation in nutrition starts with a solid understanding of your current lifestyle, habits and behaviors. A regularly scheduled wellness audit gives us the opportunity to see how the current habits we have can contribute to or detract from our overall health.

Small Changes/Goal Setting

Convert goals into attainable skills by breaking them down into clear, concise tasks.

Balance Audio and Worksheet

Practice mindfulness, own your decisions and be kind and forgiving with yourself. Learn how the 80/20 concept can help you create nutrition balance that lasts.

Mouth Stomach Connection

Developing an awareness of how we feel after we eat can help improve consciousness and guide our decisions. Learn to practice awareness and always treat your body with kindness and respect.

Self Control

Stay focused on your health goals; learn strategies to handle even the most challenging days.

Nutrition Skills

A solid nutrition foundation can help improve both awareness and attitude. There are many myths and misconceptions about nutrition; developing a foundation is so important to guide decisions.

Foods to Avoid

Whole, unprocessed foods prevail. Eliminate processed, packaged, sweetened foods from your life. This first step towards improved health has significant results – improved energy, decreased illness and inflammation, improved focus on health goals.

Portion Control

Learning to recognize your bodies natural satiety takes time and practice. Rather than focusing on deprivation, follow steps improve portion control through intentional, meaningful and sustainable habits.

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Nutrition Skills Cont.

Unprocessed

De-clutter your kitchen – remove foods that detract from health and shop with intention. Create a lifestyle that relies on a foundation of vegetables, fruit and plants and eliminate packaged, refined, sweetened and artificial foods.

Grocery Tactics

Eat real food. Shop with purpose for whole, unprocessed food. Steer clear of foods with health claims and convenience foods with The Fresh 180's ten tips to more effective shopping.

Hydration

Understand the common mistakes we often make when it comes to staying hydrated and learn practical solutions to stay hydrated.

Organic Foods

The confusing world of organic foods is simplified in this practical guide to purchasing organic.

Stocking up Audio and Printable

One of the most practical ways to reduce kitchen stress is to stock up on healthy items that can be used anytime, including in those last minute meals. Stock your kitchen for ultimate health.

Food Labels

The ever-daunting task of reading a food label is outlined in this important presentation. Learn practical label reading skills that will help you become an informed and savvy shopper.

Grains

Unlike their refined alternatives, whole grains are rich in nutrition and offer many health benefits. Learn about the benefits of whole grains and learn about some new whole grains to incorporate into your day.

Life without fads – Debunking Diets and Making Adjustments

Diets and deprivation lead to frustration and guilt. Skip the diet and work to develop healthy, sustainable habits.

Healthy fats

Rather than isolating fat as a nutrient, focus on eating a mixture of healthy fat from whole unprocessed foods.

Nutrition and Disease prevention

Studies continue to reveal that the food we eat can impact our overall health. Many chronic diseases can be related either directly or indirectly to nutrition. Follow steps to better health that incorporate concepts related to the impact of nutrition on disease.

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Kitchen Skills

Learning to shop, plan meals and cook are skills that last. This is just the start of the kitchen skills that will be offered in The Fresh 180 program.

Meal Planning

Use our list as a starting guide and then allow your desires, imagination and knowledge help you create healthy, memorable and delicious meals.

Anatomy of a Recipe

Building your own recipe is possible. Watch how ingredients you have on hand can be quickly transformed into a delicious meal with a few careful thoughts and ideas.

Prep Shortcuts Video and Worksheet

Our recipe development team has shared some of their kitchen secrets to keeping meal prep simple, strategic and successful.

Recipes

The Fresh 20/Fresh 180 meals are always fresh, new and delicious. You never need to sacrifice flavor to eat well.

4 weeks of Breakfast, Lunch and Dinner Meal Plans

Cooking 20 Seasonal Vegetables

Breakfast, Lunch and Dessert E-Books