

# 10 Days of Healthier

**Thank you for your interest in my 10 Days of Healthier Program. I decided to be a health coach because I wanted to give people a more personalized and motivating approach to healthier living. I am so excited to go on this journey together. Below are the details of the program.**

## **Length:**

10 days

8 participants

Start date – February 1<sup>st</sup> – February 10<sup>th</sup>

## **Cost:**

\$350, payable via credit card

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## **Included:**

### 25 Recipe PDF Booklet:

Most recipes are heavy on vegetables, with multiple protein options as well as vegetarian substitutions. The thought process was to be as inclusive as possible while providing healthy options for breakfast, lunch, dinner, and snacks.

### 2 Virtual Cooking Events

Each virtual cooking event will highlight 3-4 healthy recipes. Expect the classes to last 1.5 - 2 hours. I will send the recipes in advance, and you will be responsible for purchasing the ingredients. It will be a fun way to learn new dishes and skills.

### 2 Educational Virtual Events

One event will be the Meet & Greet to introduce the program and let everyone get to know each other. I will send you an outline of questions that we will cover during the call. It is my hope that you will come to the discussion excited to participate and share your experiences. The second virtual discussion will be an outline of some informative healthy living topics. To be included, but not limited to: Health vs Dieting, Mindful Eating, Why Fiber, Balanced Diet, Crowding In, What is Ayurveda (Dosha & Dharma), Carbs, Fats and Proteins, and At Home Health Testing.

Pre – recorded Video Tutorials – of the 25 recipes, I will also be providing you with 12 pre-recorded video recipe tutorials. You will be able to try the recipes videos on your own time and will need to set up an account on my website. For your own benefit, I will

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expect each of you to also download, watch, and practice the free knife skills video. This will be valuable when it comes time for the virtual cooking events. Strong knife skills are key to expedience in the kitchen.

**CRAP** - I encourage each of you to cut out the CRAP for these 10 days. ( I WILL AS WELL ) Think of it as empty, unhealthy calories. We will be here together.

**C** - carbonated drinks, caffeine, diet drinks, sugary juices

**R** – refined sugar and snacks, pastries, baked goods, cookies, sugar loaded yogurt, sugary cereals, potato chips, tortilla chips, (check the packaging for nutritional value, the first ingredients are the highest contents) with some exceptions, Mary's Gone Crackers (no refined oil) for hummus etc...

**A**- artificial flavors and colors. Included in the refined category, red and blue dyes. And ALCOHOL. 10 days, we can do it.

**P** – heavily processed meats. Bacon, prepared sauages, cured deli meats, salami

**Social Media** – I believe most of you already follow me on social, I will be posting pictures and videos from our virtual events and the 10 Day Experience. All in good fun, any additional postings/taggings are very appreciated.

**Post Programming**- If you enjoyed your program and are interested in further one-on-one health coaching, I would be happy to provide you additional information. I will send an evaluation at the end of the program as well. Your participation is appreciated.

I will be available for support and questions via text, email, or phone throughout the program. With everyone's agreement, I would like to set up a group text where I can share cooking tips/videos or a word of inspiration. This is a journey and we are all on this path together!

**“Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity.” – World Health Organization, 1948**