

# FOOD & MOOD

## COACHING

### PROGRAM SCHEDULE OVERVIEW

	THEME	WORKSHOP AND ONLINE TOPICS	NUTRITION TASK FOCUS
WEEK 01.	Introduction to Food & Mood	<ul style="list-style-type: none"> <li>+ Welcome</li> <li>+ Intro and welcome</li> <li>+ Why food and mood</li> <li>+ Mediterranean eating</li> <li>+ SMART Goal</li> <li>+ Food &amp; Mood Mantra</li> </ul>	Mediterranean Standard and veg 1500cal <b>Key focus:</b> Water intake
WEEK 02.	Nourish your Body	<ul style="list-style-type: none"> <li>+ Food is information</li> <li>+ Not all calories are equal</li> <li>+ Gut HealthMicrobiome</li> </ul>	Mediterranean Standard and veg 1500cal <b>Key focus:</b> Water intake + Green vegetables
WEEK 03.	Nourish your Mind	<ul style="list-style-type: none"> <li>+ Food – friend or foe?</li> <li>+ Self-talk</li> <li>+ Beliefs</li> <li>+ Mindset</li> </ul>	Mediterranean Standard and veg 1500cal <b>Key focus:</b> Water intake + Green vegetables + Rainbow Foods
WEEK 04.	Mindfulness & Mindful Eating	<ul style="list-style-type: none"> <li>+ Mindfulness</li> <li>+ Mindful eating</li> <li>+ Food labels</li> <li>+ Portion sizes</li> <li>+ Physical Vs. Emotional eating</li> <li>+ Eating out, socializing and alcohol</li> </ul>	Mediterranean Standard and veg 1500cal <b>Key focus:</b> Water intake + Green vegetables + Rainbow Foods + Powerful proteins
WEEK 05.	Finding Balance	<ul style="list-style-type: none"> <li>+ Blood sugar balance and weight management</li> <li>+ Glycemic Index Vs. Glycemic LoadInsulin / Glucagon</li> <li>+ Work-life balance</li> </ul>	Mediterranean Standard and veg 1500cal <b>Key focus:</b> Water intake + Green vegetables + Rainbow Food + Powerful proteins + Low GL carbohydrates
WEEK 06.	Stress & Success Sabotage	<ul style="list-style-type: none"> <li>+ How stress can affect results</li> <li>+ Stress physiology and weight management</li> <li>+ Management of stress and self-sabotage</li> </ul>	Mediterranean Standard and veg 1500cal <b>Key focus:</b> Water intake + Green vegetables + Rainbow Foods + Powerful proteins + Low GL carbohydrates + Essential fats

