

FOOD & MOOD

COACHING

PROGRAM SCHEDULE OVERVIEW

PHASE 2 WEEKS 7 - 12

| Week | Theme | Workshop and Online Topics | Nutrition focus |
|------|---------------------------------------|--|--|
| 7 | Breathe | <ul style="list-style-type: none"> + Revisit your SMART Goal & Mantra: Are you continuing your phase 1 goal or do you have a new goal? + The power of breath: Introducing simple, effective weekly breathing exercises to support health and weight management | Mediterranean Standard and Veg Key focus: Continue Phase 1 Foundation Optional: 'Next Level' nutrition tasks |
| 8 | Love your guts: Gut health part II | <ul style="list-style-type: none"> + Optimal digestion for health and weight management + Gut health & mood health + What's the go with gluten? | Mediterranean Standard and Veg Key focus: Continue Phase 1 Foundation + Gut loving foods Optional: 'Next Level' nutrition tasks |
| 9 | Love your liver | <ul style="list-style-type: none"> + The liver: Understanding this fundamental organ for health and weight management + Liver loving foods | Mediterranean Standard and Veg Key Focus: Continue Phase 1 Foundation + Gut loving foods Optional: 'Next Level' nutrition tasks |
| 10 | Love yourself | <ul style="list-style-type: none"> + Active and passive self-care + Body positivity | Mediterranean Standard and Veg Key Focus: Continue Phase 1 Foundation + Gut loving foods + Liver loving foods Optional: 'Next Level' nutrition tasks |
| 11 | Female-focused food | <ul style="list-style-type: none"> + Extras for the XX + Food and nutrients to support female health | Mediterranean Standard and Veg Key focus: Continue Phase 1 Foundation + Gut loving foods + Liver loving foods + Female-focused foods Optional: 'Next Level' nutrition tasks |
| 12 | Maintaining success and progress | <ul style="list-style-type: none"> + Expecting and accepting 'plateau' + Mindset for maintaining success | Mediterranean Standard and Veg Key focus: Continue Phase 1 Foundation + Gut loving foods + Liver loving foods + Female-focused foods Optional: 'Next Level' nutrition tasks |

