

Nutrition Solutions 2019 Class Schedule

January

- 2 Weight Loss Motivation-Proven Strategies
- 7 Exercise is Medicine
- 8 Chef Demo
- 14 Weight Loss-Recipe for Success
- 15 GST: Power with Plant Proteins
- 21 Plant-based Diets for Beginners
- 28 Creating a Wellness Vision/Goal-Setting

February

- 4 Stress Management for Weight Loss
- 11 Personalized Nutrition
- 12 Chef Demo
- 18 Success-Client Testimonials
- 19 GST: Carb Confusion!
- 25 Mindful Eating

March

- 4 Food Labels & Ingredient Lists
- 11 Why Journal? Science of Food Journaling
- 12 Chef Demo
- 18 Meal Planning for Families
- 19 GST: Meat & Seafood
- 25 Hidden Food Cues

April

- 1 Food vs. Food-like Substances
- 8 Eat More, Lose More (Nutrient Density)
- 9 Chef Demo
- 15 Weight Loss Myths
- 16 GST: Dairy and Dairy Alternatives
- 22 Stress & The Body-- Weight Loss Strategies
- 29 Eating Out/Special Occasion

May

- 6 Nutritional Superfoods
- 13 Understanding Food Labels/Ingredients
- 14 Chef Demo
- 20 Smart Snacking for Weight Loss
- 21 GST: Fruits & Vegetables
- 27 Success-Client Testimonials

June

- 3 Addictive Foods
- 10 Getting Active
- 11 Cooking Demo
- 17 Planning Meals
- 18 GST: Fresh From the Farm (Market Guide)
- 24 Eat More, Lose More (Nutrient Density)

July

- 1 Setting Realistic Goals
- 8 On Going Weight Management 9- Cooking Demo
- 15 Exercise for Weight Loss
- 16 GST: Planning Meals
- 22 Quick Convenient Meal Planning 29 - Take Charge/Motivation

August

- 5 Body Image & Self-Esteem
- 12 Power Up with Plant-Based Nutrition
- 13 Cooking Demo
- 19 Eating Style
- 20 GST: Carb Confusion
- 26 The Power of Journaling for Weight Loss

September

- 2 Stay Active
- 9 Building Your Support Team
- 10 Cooking Demo
- 16 Food labels & Ingredient Lists
- 17 GST: Power with Plant Proteins
- 23 Success-Client Testimonials
- 30 Eating Out: Special Occasions

October

- 7 Hidden Food Cues
- 8 Cooking Demo
- 14 Meal Planning Made Simple
- 15 GST: The Low Down on Fats
- 21 Personalized Nutrition
- 28 Eat More, Lose More (Nutrient Density)

November

- 4 Addictive Foods
- 11 Exercise for Weight Loss
- 12 Cooking Demo
- 18 Shopping Smart
- 19 GST: Holiday Menu
- 25 Lifestyle Change

December

- 2 Mindful Eating
- 9 Nutrition Basics--Test Your Knowledge
- 10 Cooking Demo
- 16 Personalized Nutrition
- 17 GST: Culinary Oils
- 23 Eating Style
- 30 Weight Loss-Recipe for Success