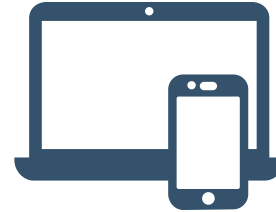


The Wholesome Journey: Toolkit

Lesson Overview

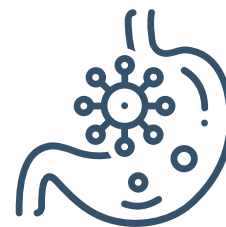
MODULE 1: WELCOME

- UNIT 1 - WELCOME
 - Welcome Video
 - Navigate the Platform
 - How to Utilize Resources
 - Current Diet & Disease
 - Intake Survey
- UNIT 2 - WHY
 - What & Why the Plant-Based Diet
 - The Plant-Based Plate Method
 - Why You're Here
 - Goal Setting
 - Checkpoint #1



MODULE 2: FOUNDATION

- UNIT 3 - MINDSET
 - Health Mindset
 - Intuitive Eating
 - Principles of Calorie Density
 - Starting Again
- UNIT 4 - DISEASE FOUNDATION
 - Phytochemicals
 - Inflammation
 - IGF-1
 - Checkpoint #2
- UNIT 5 - CARBOHYDRATES PT 1
 - Insulin Resistance
 - Refined vs. Whole Carbohydrates
 - Checkpoint #3
- UNIT 6 - GUT HEALTH
 - Gut Health Part 1
 - Gut Health Part 2
 - Fermented Foods
 - Checkpoint #4



The Wholesome Journey: Disease to Wellness Toolkit

Lesson Overview

MODULE 3: IMPLEMENTATION

- UNIT 7 - CARBOHYDRATES PT 2
 - Vegetables
 - Fruit
 - Whole Grains
 - Checkpoint #5
- UNIT 8 - ANIMAL PROTEIN
 - Overall Picture of Protein, Needs & Considerations
 - Eggs & Dairy
 - Processed & Red Meat, Fish & Poultry
- UNIT 9 - PLANT PROTEIN
 - Legumes
 - Soy
 - How to Cook Tofu
 - Meat Analogs
 - Checkpoint #6



MODULE 4: REFINEMENT

- UNIT 10 - REFINEMENT
 - Fats & Oils, Nuts & Seeds
 - Minerals
 - Vitamins & Supplements
- UNIT 11 - EXTRAS
 - Fasting & The Time of Eating for Optimal Health
 - Alcohol Consumption & Disease Risk
 - Organic Foods
 - Optimize Detoxification
 - Checkpoint #7
- UNIT 12 - LIFESTYLE
 - Elevator Pitch
 - Social Eating
 - Eating Out
 - Cooking with Flexibility -
 - Meal Approaches for All Eating Types
 - Where to Go From Here
 - Post-Program, Current Intake Review
 - Post Program Survey

