

PCRM Kickstart

21 DAY TRANSITION TO WHOLE PLANT FOOD



Program
Cost:
*\$750

In a public health climate where 75% of adults in the United States are overweight or obese and 26 million have diabetes, the need for a lifestyle change is greater than it has ever been. The Food for

Life: Kickstart Your Health curriculum is based on the Physician's Committee for Responsible Medicine (PCRM)'s successful 21-Day Vegan Kickstart online program (www.21DayKickstart.org). The Kickstart program has helped 200,000 people adopt a plant-based diet to reach their health goals.

The Food for Life: Kickstart Your Health classes can help one lose weight, maintain a healthy weight, or simply embrace an overall healthful diet. For some class participants, it's the first time the idea of not restricting amounts of foods but rather choosing the right foods has been the guiding principle for losing weight and staying healthy. Lower cholesterol, better diabetes control, lower blood pressure, as well as improvements in energy and mood are some of the many benefits people experience on this diet.

The program begins with a Kick Off on Jan 11th and goes for 21 days, essentially treating food as an addiction. During the 21 day period, you gut bacteria will completely change, and most will lose weight and experience a significant cholesterol drop. Working with your physician is encouraged, as this program is prepared for maximum nutrition and not meant to replace medication or doctor's advice.

If you are interested in losing weight, increasing your energy, and learning about this life-changing way to eat, sign up for GreenFare's 21-day organic, whole-plant-food nutritional program. Our PCRM KickStart removes the time obstacle to your success.

Come to GreenFare to register!

* Program cost without the blood testing is \$650.

Participants Receive:

- **Daily Lunch and Dinner Entrées**

For three weeks you will receive lunch and dinner entrées. 42 delicious meals, eat in or carry out. Meals will be conveniently prepackaged to heat up at home or work.

- **Two Blood Tests**

Scripts will be provided to labdirect.com for fasting cholesterol testing at the start and finish of the program.

- **Two Weigh-ins**

At the start and finish of the program.

- **One Shopping Trip**

Apply what you've learned - find easy and affordable ways to sustain your new healthy eating habits with the guidance of your instructor.

- **Four Cooking Classes**

Learn some of favorite methods for cooking delicious plant based meals.



For more information, contact
info@greenfare.com

Class Dates: & Details

Class One: Kickstart Kick Off

Monday, February 8th
7pm - 8:30pm

- Let's Go!
- Power of Your Plate

Class Two: Getting In Gear

Monday, February 15th
7pm - 8:30pm

- Breaking the Food Seduction
- Keys for Natural Appetite Control

Class Three: Internal Health

Monday, February 22nd
7pm - 8:30pm

- Digestive Health
- Healthy Blood Pressure

Class Four: Graduation

Monday, February 29th
7pm - 8:30pm

- Grocery Store Tour
- Graduation Dinner

408 ELDEN STREET, HERNDON, VA 20170 OPEN DAILY 11AM - 9PM | (703) 689-0506