

PCRM

KICKSTART

21 DAY TRANSITION TO WHOLE PLANT FOOD

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 (21DayKickstart.org). The Kickstart program has helped 200,000 people adopt a plant-based diet to reach their health goals.

These classes can help you 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 September 27th and goes for 21 days, essentially treating food as an addiction. During this period, your gut bacteria will completely change, 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're 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. Stop by GreenFare to register!

PROGRAM COST:

With blood testing: \$650/person

Without blood testing: \$550/person*

PARTICIPANTS RECEIVE

Daily Lunch and Dinner Entrées

For three weeks you will receive lunch and dinner entrées. 42 delicious meals conveniently prepackaged to heat up at home or work.

2 Blood Tests*

Scripts will be provided for blood testing at local medical lab for fasting at the start and finish of the program.

2 Weigh-ins

At the start and finish of the program.

1 Shopping Trip

Discover easy and affordable ways to sustain your new healthy eating habits with the guidance of your instructor.

4 Healthy Eating Classes

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

CLASS DATES & DETAILS

Class 1: Kickstart Kick Off

Tuesday, September 27th at 7pm

Let's Go! & Power of Your Plate (Dinner included)

Class 2: Getting In Gear

Tuesday, October 4th at 7pm

Breaking the Food Seduction & Keys for Natural Appetite Control

Class 3: Internal Health

Tuesday, October 11th at 7pm

Digestive Health & Healthy Blood Pressure

Class 4: Label Reading & Shopping Trip

Tuesday, October 18th at 7pm

For more information:

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🌐 greenfare.com

