



GOH 6 Week Schedule

Module 1: Common Dietary Myths

- Week One

Buckle your belt to learn about Prevailing Management and solutions for chronic conditions.

Monday	Class Session: GOH Food As Medicine Kick Off Call
Tuesday	Nutrient density:Foods with highest nutrients and less calories
Wednesday	Class Session: Management of Chronic Conditions 101
Friday	Class session:5min Breakfast System
Saturday	Watch Video on Trackers - Start filling out your week 1 Tracker

Module 2: Cooking Basics

- Week Two

Prepare some delicious foods using foods that love you back

Monday	Class session:Calories Density:How to eat more and weigh less
Tuesday	New content released on course site
Friday	Class Session: Nutritional Myths out there - Your Questions Answered
Saturday	Post your 5 Minute Breakfast System Creations
Sunday	Submit your week 2 tracker

Module 3: Eat More and Weigh Less

- Week Three

Experience as you eat more and weigh less

Monday	Class Session: Levels of Processing & Meal Prep
Tuesday	Watch Plant Based Journey's Module
Wednesday	Class Session: Tips & Tricks to a Plant Based Lifestyle
Friday	Watch Cowspiracy
Saturday	Submit your week 3 tracker
Sunday	

Module 4 : Skill Power Vs Will Power

- Week Four

Use your skill power to shop, eat outside, attend social gatherings, lose weight, and crush your cravings instead of relying on willpower

Monday	Class session:How to Shop
Tuesday	Watch the cooking videos in your module
Friday	Class session:Dining Outside
Saturday	Post your 10 Minute Meal System Creations
Sunday	Submit your week 4 tracker

Module 5 : Create a supportive environment - Week Five

Learn how you can create a supportive environment that sets you up for success

Tuesday	Class session:Bringing Kids & Family Members on board
Wednesday	Watch the online videos to prepare for class
Thursday	Class session:Cooking Demo
Wednesday	Post your 10 Minute Meal System Creations
Monday	Submit your week 5 tracker

Celebration & Next Steps

- Week Six

It's time to celebrate your accomplishments and talk what's next beyond GOH Food As Medicine Program

Monday	Class session:Sustainable Habit Formation
Wednesday	Submit Your Graduation Story Submit Your Feedback Form Submit your Post Course Survey Form
Sunday	Submit Your Week 6 Tracker
Monday	Graduation Ceremony & Celebrations & What's Next!!

**Class times **4:00-5:00PM NDT /2:30-3:30PM EST /12:30-1:30PM MDT
1:30-2:30PM CST /11:30AM-12:30PM PST**

****This is a general guideline, subject to change depending on the class progress****