

Better Nutrition Basics™

Confused, overwhelmed or frustrated by all the info out there on nutrition? Allow Ashley Koff, RD to set the record straight in this fun and interactive program! In fact, just telling you what is better wouldn't be helpful on it's own so you'll be working with a coach who can personalize the recommendations with you. Throughout this program you will learn about the basics- our need for water, how to read nutrition labels, why color is so important and how the balance of protein, fat and carb at each eating occasion can really help our bodies run better. Whether you are doing this to align your basic nutrition education, improve athletic performance or reduce the risk of disease, this program is packed with ideas to incorporate into your lifestyle. Our lives are constantly changing and it is beneficial to take stock every now and again to realign to the basics, we'll show you how.

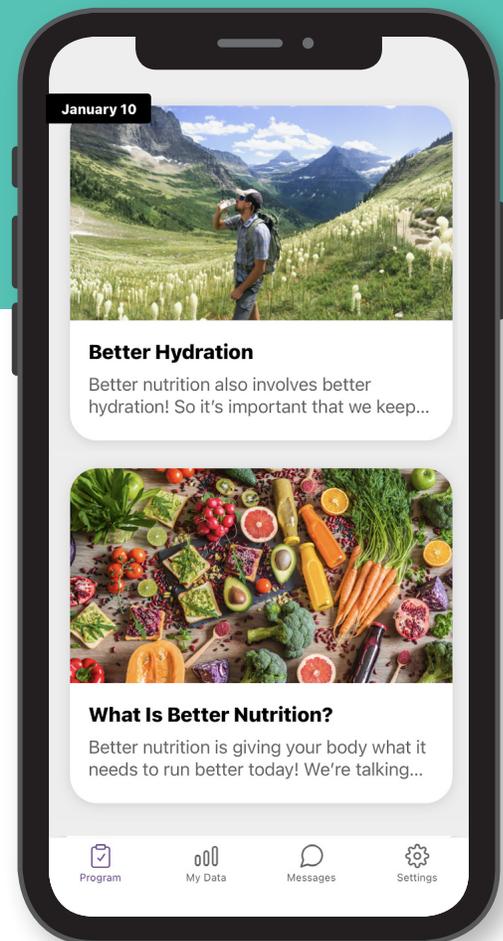
Better Nutrition that's personalized for you!

WHAT'S INCLUDED

- Two, one-on-one sessions with your coach & unlimited messaging during the program
- Personalized coaching sessions & bi-weekly group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes & meals ideas
- Tips & Tricks to identify better nutrition choices
- VIP Online support community

WHAT YOU NEED

- A desire to learn about the basics of better nutrition and a 3-week commitment
- Permission from your physician or a referral from your provider to participate



READY TO GET STARTED? Simply tell your practitioner "Sign Me Up" to get enrolled.

Then look for an email from Programs@thebetternutritionprogram.com.

We look forward to meeting you & deepening your understanding of how better nutrition can serve you well!

Better Nutrition Basics™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to introduce you to the basics of better nutrition. In today's world of grab-and-go and eating at our desk, we often times overlook what quality nutrition looks like and neglect to eat balanced meals that fuel us throughout our busy days. This leaves us exhausted early in the day and often grabbing food we regret later on. In this program we will discuss a range of topics including how much water is needed for your body, how to read the nutrition label on all those packaged foods, and why we need a variety of COLOR from foods found in nature. We also talk about why frequency and balance of carbs, fats and protein really matters at every eating occasion. We'll dive even deeper into those macronutrients- carbs, fats and proteins to help you understand why each category is crucial for optimal wellbeing. Armed with all this knowledge, you'll be able to make better-for-you nutrition choices that have your body running better with energy to spare.

This 3-week evidence-based and practitioner-proven program is packed with fun tips, recipes, videos and trackers to engage you as you learn more about better nutrition choices through an app on your phone. You will meet virtually with a personal coach two times throughout the program to help you personalize the recommendations for you and your lifestyle (plus, you can message them any time during the program!). AND because we thrive in community, we offer access to Koff and her team of experts in live bi-weekly group sessions. We know there is a big difference between knowing what to do and doing it more often. This personalized program meets you where you are and helps you identify and make your *deliciously doable choices*.

If you desire to get down to basics and learn about better nutrition, this program IS FOR YOU. It's as easy as asking your practitioner to sign you up, and getting a welcome email from us with your access to the app*. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. Let's do this!