

Better Plant Based NUTRITION™

Are you curious about being plant based? Or maybe you already are and need some guidance in optimizing your plant choices. We cover it all in this interactive program- from the basics on plant nutrients to best practices in the kitchen and everything in between. We'll help you understand why quality and quantity matter, and how to identify a better balance of plant protein, fat and carbs- this is essential to thriving on plant based nutrition! A variety of colors are so important too and we'll give tips about the rainbow and where to make swaps in your current routine to get in nutrient rich colors. Not sure where to start? Don't worry, your personal coach will help you along the way to figure out what's best for your lifestyle. Come join us to learn all there is to know about being plant based and succeed with our customized support.

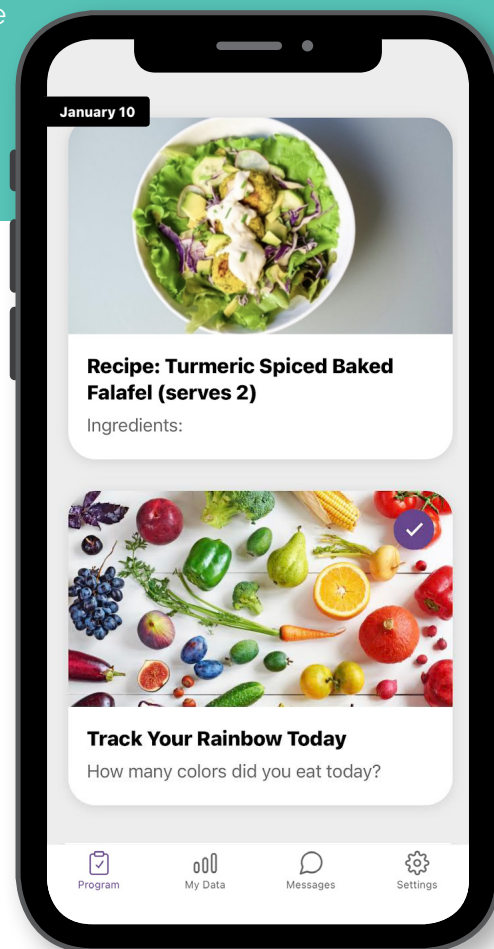
Better Nutrition, plant based!

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 plant choices
- VIP Online support community

WHAT YOU NEED

- A desire to learn more about optimal plant based nutrition and a 6-week commitment
- An Apple/Android phone or tablet
- 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 better plant based choices!

Better Plant Based Nutrition™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to immerse you in what better-for-you plant based nutrition looks like. Whether you're new to the term 'plant based' or are a long time vegan, this program is sure to expand on your current understanding of a well navigated plant based diet. We'll cover the basics of why our bodies prefer plants, what kinds of important nutrients we get from them and how to optimize them (yes, you can get in all your calcium being plant based!). We'll dive deeper into better choices of fats, carbs and proteins and talk about how quality, quantity and balance all matter. Preparation matters too so we'll also talk about best practices for storing and cooking these foods. There's something for everyone at any level to learn about the importance of eating plants. Mother nature perfectly created all the nutrition our bodies need for good health and energy through plants. This program will show you how to optimize this lifestyle.

This 6-week evidence-based and practitioner-proven program is packed with fun tips, recipes, videos and trackers to engage with as you learn more about plant 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 learn about plant-based nutrition or up your game on your current knowledge base, 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!

**Must have an Android or Apple phone/tablet that allows you to use the app.
Desktop version coming soon.*