



Nourish Your Everyday Program

Not sure how to cook nutritious meals? Struggling with eating “the right” foods? No matter where you are, this 2-week challenge is a quick way to learn the basics of healthy eating and nutrition. All classes are taught with a simple, easy-to-follow approach so you can take action right away. No more second guessing or feeling stuck, our top nutrition experts will teach you all the tools and tips you need to maintain a healthy lifestyle. Every day you will learn something new - whether it's master portion control, what to eat after a workout, healthy snack ideas, cooking tips, and so much more. By the end of this challenge, you will confidently be ready to nourish your everyday.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Nourishing vs. Eating (Nutrition Education) 9 min	A Beginner's Guide to Macros (Nutrition Education) 4 min	How to Read a Nutrition Label (Nutrition Education) 3 min	How to Master Portion Control (Nutrition Education) 3 min	Gut Health 101 (Nutrition Education) 5 min — AND — Cooking to Improve Gut Health (Recipe) 10 min	Anti-Inflammatory Foods (Nutrition Education) 5 min — AND — Cooking to Reduce Inflammation (Recipe) 11 min	What to Eat After a Workout (Recipe) 7 min — OR — Fueling for Your Run (Recipe) 14 min
WEEK 2	Breakfast: Start Your Day Right (Nutrition Education) 2 min — OR — Protein Pancakes Recipe (Recipe) 2 min	10 Easy Snacks for On-the-Go (Nutrition Education) 5 min	Eat Better, Sleep Better (Nutrition Education) 4 min	Cooking with Oil (Nutrition Education) 6 min	Cooking with Healthy Fats (Recipe) 8 min	Anti-Aging Foods (Nutrition Education) 3 min — OR — Sharpen Your Knife Skills (Recipe) 21 min	Smoothie Basics (Nutrition Education) 5 min — OR — Fresh Start Smoothie Bowl (Recipe) 2 min