# Putting Out The Flame Program

Did you know 80% of chronic diseases are lifestyle related? This program outlines lifestyle and nutrition interventions that promote weight loss and improve insulin resistance to help reduce chronic inflammation and related conditions.

Before you start your program in Wellbeats *Wellness*, a product of LifeSpeak Inc., review and download the **program resources**.

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
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| **WEEK 1** | Welcome to Putting Out the Flame 3 min | Getting Started with Putting Out the Flame 8 min | Track what you eat and drink. | Track what you eat and drink. | Track what you eat and drink. | Acute vs Chronic Inflammation 9 min | Complete your acute vs chronic inflammation homework. |
| **WEEK 2** | The Different Types of Fat in Food 7 min | Take note of any foods you eat with omega-6s. | How to Nix the Six, Increase the Three's 9 min | Eat two plant sources with omega-3s. | Eat a fatty fish. | Identify and replace foods that contain inflammatory ingredients from your pantry and refrigerator. | Eat two plant sources with omega-3s. |
| **WEEK 3** | What are Micronutrients? 7 min | Eat a fatty fish. | Micronutrients - What to Eat 6 min | From your Rainbow List homework, eat one or more foods that you circled. | Review the foods you recorded on days 2, 3, and 4. Count the plant foods you are already eating. | Add 2-4 additional plant servings today. | Add 2-4 additional plant servings today. |
| **WEEK 4** | Blood Sugar Rollercoaster 9 min | Focus on eating carbohydrates today that are high in fiber. | Eat a breakfast that is high in protein. | How Added Sweeteners Impact Blood Sugar 7 min | When eating a carbohydrate, pair it with a fat or protein. | Check your pantry and refrigerator to identify where sweeteners are sneaking in. | Eat a fatty fish. |
| **WEEK 5** | Supplements Made Simple 9 min | Review the Supplement Cheat Sheet in the program workbook. | From your Rainbow List homework, eat one or more foods that you circled. | Eat two plant sources with omega-3s. | Eat a fatty fish. | Add 2-4 additional plant servings today. | Putting Out the Flame Wrap-up 1 min |