
(W)HOLISTIC NUTRITION



With Stephanie Kennedy

Healing the body through the art of eating plants

Hello!

There comes a time in our lives when we decide that it isn't enough to just get by in life anymore.

We want to thrive and live the best kind of life possible. Once this level of commitment of self is determined, there is only one thing left to do: change. The most important lifestyle change required to live a healthy and fulfilling life is changing our relationships with foods. Rather than following a fad, or new diet, it's necessary to commit to a new type of lifestyle. One that provides energy and nutrients to our cells allowing us to chase our wildest dreams. It isn't about counting calories or limiting ourselves to certain food groups, but rather giving our bodies exactly what it needs to thrive! Eating a plant based diet allows you to take care of your overall health and wellness and face any health conditions or illness head on.



Welcome to your new journey!

Stephanie

“Healing in a matter of time, but it is sometimes also a matter of opportunity”

-HIPPOCRATES

THE NON-TRADITIONAL APPROACH

Transitioning to a plant based lifestyle doesn't have to be hard nor does it need to eliminate all of your favorite foods. There are many alternative options for the "traditional" foods such as meat, dairy, and eggs. You can still have tacos, pizza, and ice cream if you want. No one is judging you! There are many options available to you.

Following a plant based lifestyle will give you the freedom to stop counting calories, eating from select food groups, and stressing out about "cheat" meals. Eating balanced meals **most of the time** provides the flexibility to be able to indulge in deserts and favorite meals from time to time. A whole food plant based diet includes plenty of fruits, vegetables, grains, legumes, and nuts.

Includes	Does NOT Include
Fruit	Processed Foods
Vegetables (non starchy)	Fast Foods
Starchy Vegetables	Meat (includes ALL meat, including chicken)
Legumes	Eggs
Whole Grains	Dairy
Water	Sugar

Examples of foods

Fruit

Strawberries, blueberries, blackberries, raspberries, apples, pears, nectarines, peaches, papaya, grapefruit, bananas, grapes, mango, cherries, pineapple, lemon, kiwi, oranges

Vegetables (non starchy)

Asparagus, broccoli, bok choy, Brussels sprouts, carrots, spinach, eggplant, onion, mushrooms, peppers, zucchini, okra, green beans, lettuce, spaghetti squash, summer squash, collard greens

Starchy Vegetables/Legumes/Whole Grains

Potatoes, yams, sweet potatoes, Beans (all beans), Nuts, peas, lentils, amaranth, barley, buckwheat, millet, oats, quinoa, rice, wheat, wild rice

REDEFINING YOUR PANTRY

One of the most common objections I get from potential clients when discussing transitioning to a plant based lifestyle, is that they think it's too expensive. They believe that there will be special foods required, fancy kitchen equipment, and who knows what else! The truth is, once you have the basics, the cost is typically pretty low. You might already have some of the basic staples for a plant based pantry which will help out financially with start up costs. Below is a list of some pantry recommendations when transitioning to a plant based lifestyle.

Fruits/Veggies

Keep plenty of your favorite fruits and veggies on hand. This includes any type that you like. Usually changes based on meal plan for the week.

Spices/Seasonings

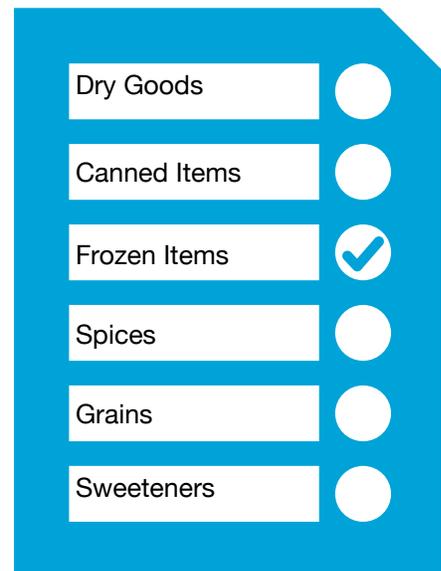
Himalayan Salt
Black Pepper
Paprika
Ground Garlic
Cinnamon
Seasoning mix
Taco seasoning
Italian Seasoning
Any other favorites

Canned/Dried Goods

Black beans
Pinto beans
Other favorite beans
Chickpeas (Garbanzo beans)

Whole Grains/Legumes

Quinoa
Oats
Rice
Lentils



PROTEIN?

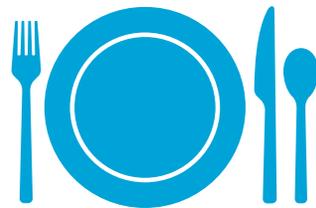
Where do you get your protein? Aren't you worried about being protein deficient? I could never go vegan/plant based because I need my protein. I guarantee if you ask any one who considers themselves vegetarian/vegan/plant based, they will tell you that they've heard all of the statements a billion times.

Growing up we are told that we need to eat meat for protein and that it's the main way for us to get it. Well, that was all a big lie. There are many ways that we can still get all the nutrients that we need from plants. The plant based protein options can vary, especially with so many meat alternatives coming out. Some frequently used with this program include:

Protein Source	Amount
Tofu	4 oz / 11 grams
Tempeh	1 cup / 31 grams
Lentils	1 cup / 17 grams
Seitan	3 oz/ 21 grams
Pinto Beans	1 cup / 15 grams
Chickpeas (Garbanzo beans)	1 cup / 15 grams
Green Peas	1 cup / 9 grams
Almonds	1/4 cup / 8 grams
Cashews	1/4 cup / 5 grams
Quinoa	1 cup / 8 grams
Oats	1 cup / 6 grams
Brown Rice	1 cup / 5 grams
Hemp Seeds	3 T / 11 grams
Chia Seeds	2 T / 5 grams
Spinach	1 cup / 5 grams
Broccoli	1 cup / 4 grams
Asparagus	1 cup / 3 grams
Peanut Butter	2 T / 8 grams

MAKING THE TRANSITION

The hardest part about switching to a plant based lifestyle is the transition itself. It's hard changing eating habits that have been engrained in us for most of our life. The easiest way to make this transition is to prepare in advance, be open minded towards change, and make good food! This (w)holistic nutrition counseling program provides you all the support and resources needed to make an easy transition.



Change can be overwhelming, so this process is broken down into 3 different stages. This ensures that each piece of advice regarding nutrition can be absorbed rather than dismissed with a bunch of confusing information. This is the traditional intake process, but adjustments can be made. Additional services can be added on as well.

The 3-Stages

Stage 1

Discovery Session- This session is a complimentary 20-30 min session that allows us to meet. Choosing a certified holistic nutritionist to help guide your journey is a big decision and I want to make sure that you feel we will be a good fit to work together. You will also get the opportunity to get additional information about my (w)holistic treatment style and how it benefits you most.

We can complete this call via Skype, Google Hangouts, or FaceTime.

Cost: FREE!

Stage 2

Initial Consultation- This 1-hour session is the most important as we will be working together to create a nutrition plan that works best for you. We will discuss current food choices vs. choices for optimal wellness. Will include a very thorough health history review to identify what types of lifestyle choices will best serve you. We will also discuss your goals, current situation, and any other healthy history/ life background information that is essential to your growth! After your Initial Consultation, you will receive a customized plan which includes your dietary, supplemental and lifestyle recommendations to get you back to feeling your best. Includes (2) follow up emails regarding plan.

Cost: \$100

Stage 3

LifeStyle Follow up- After you start implementing changes into your life, you will start recording the changes that you notice. Maybe there is just one small thing that you can't seem to get around or maybe something else is REALLY working well for you. All aspects of changes will be discussed and adaptations noted to ensure long term success and results.

Cost: \$70

Additional Services/Packages

Transition Package- This option is for individuals that are committed to making major life changes. We will do an extensive initial consultation which is followed up with a customized life transition plan. It includes a month of weekly meal plans, a pantry sweep and grocery run, unlimited email support, weekly follow up appointments and one final appointment at the end of the month.

Cost: \$400

Pantry Sweep and Grocery Run w/ Education- Are you ready to eat better but don't want to commit to anything? This option is perfect for you. We will go through the foods that you currently have on-hand and create a donate pile with the foods that aren't helping you get to your goals. After discarding the foods, we will head to your favorite grocery store. During the grocery store visit, we will discuss food choices, practice reading labels, and compile all of the major ingredients needed to restock your pantry! (**Cost of food **NOT** included in service price. **Local** clients only**)

Cost: \$130

Meal Plan Subscription- Subscribe to receive a new meal plan weekly. Meal plans are based off of seasonal availability for ingredients used. Take the worry out of meal planning by letting me do the work. Meal plan subscriptions also include grocery lists.

Cost: \$20 per month

Custom Meal Plan Subscription- Subscribe to receive a new meal plan weekly. I will utilize the new client paperwork to develop a meal plan custom for you. This ensures that all meals satisfy your taste buds! Take the worry out of meal planning by letting me do the work. Meal plan subscriptions also include grocery lists.

Cost: \$100

Group Support

Clients that commit to the initial consultation or transition package will have group support access. I've went through the exact same process of making major lifestyle changes, so I know just how alone things can feel sometimes. You won't always have the support from your significant other, family members, coworkers, and friends in the beginning. This is the time that you need the most support from others. You will be added to an online group consisting of other individuals who have also decided to take control of their life through making lifestyle changes. This will provide an opportunity for friendship, support, tips, recipes, and a sense of community!

Time for Change!

Now that you have read through my introduction to (W)holistic Nutrition guide take a moment to reflect on your expectations, goals, and how you would like to proceed with moving forward using any of the nutritional services mentioned.

Please feel free to reach out with any questions or concerns that you might have. I look forward to speaking with you soon!



-Stephanie Kennedy

Licensed Massage Therapist

Certified Holistic Nutritionist