

- The 250 page + comprehensive course manual that includes all the information and
- worksheets.
- Over 16 weeks of printed menus at different calorie levels.
- A grocery store guide.
- A holiday eating guide.
- An exercise guide with a strength training program.
- 3-hour home study course titled Nutrition for Optimal Health.
- A dietary supplement guide.
- 7 hour live CE credits for attending the course.
- Access to the on-demand course Behavioral Strategies to Prevent Relapse