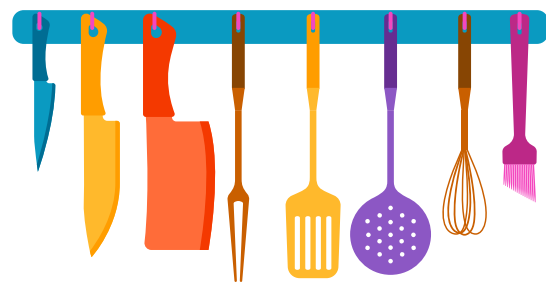


Your Fundamentals Roadmap

Set up Your Kitchen

Create the environment you need to start your journey

Step 1



Build Your Shopping List

Know exactly what to put on your shopping list to create your meals for the week

Step 2



Adjust your Food Choices

Understand and adjust your foods to create the meals that meet your needs

Step 3



Master Your Meal Planning

Execute your learnings and know how to be more effective with your meal planning process

Step 4



Share your Success

You now have the tools and skills to share with others around you and continue to build on them.

Step 5

