



4 WEEK PROGRAM

# HOW TO GO PLANT BASED

A HEALTHY, SUSTAINABLE WAY  
OF EATING



**THE PROGRAM IS SEPTEMBER 1ST-29TH**

**PROGRAM COST: \$199 FOR CBRC MEMBERS & \$275 FOR NON MEMBERS**

**WEEKLY MEETINGS: WEDNESDAYS 5:30 PM-6:15 PM IN PERSON AT CBRC**

**WHAT TO EXPECT:**

- 4-WEEK FULL MEAL PLAN WITH RECIPES.
- DAILY FOOD JOURNALING.
- LEARN HOW TO INCORPORATE MORE PLANT-BASED FOODS INTO YOUR CURRENT DIET.
- LEARN HOW TO COUNT MACRONUTRIENTS FOR PLANT-BASED EATING.
- LEARN HOW TO MODIFY NON-VEGAN RECIPES.
- LEARN HOW TO ADD VARIETY TO YOUR CURRENT EATING HABITS.

**EACH PARTICIPANT WILL RECEIVE MACRONUTRIENTS BASED ON THEIR OWN BODY COMPOSITION.**

**THE PROGRAM IS LED BY  
CERTIFIED FOOD COACH  
TIFFANY "TK" KINNEY**

