



EDGE Training Group – Nutritional Habits Program: Program Summary

Have you tried to establish a good rhythm with your nutrition? Me too and it can be tricky.

That's why I've created a system specifically designed to address nutritional habits. In this six week program I'll take you through the process that I use to reset my eating habits when I find myself off track.

I'll help you discover your goals and work with you to experience what it's like to live in rhythm with your nutrition. This program is easy to follow and we'll walk step by step through the process. Here's a peek into the structure of the EDGE Training Group - Nutritional Habits Program.

Week 1 – commitment/why

Week2 – discovery/portions

Week3 – planning

Week4 – shopping/cost

Week5 – hydration

Week6 – system/rhythm

Also included with your program:

- Commitment worksheet PDF
- Meal planner PDF (editable)
- Grocery list PDF (populated and editable)
- 5 populated recipe cards and a blank template to create your own recipes PDF
 - Diet discovery form PDF
- Top 10 foundational eating combos PDF
 - And more!

You'll also be invited to join EDGE Training Group on Facebook. The vision for this group is:

“EDGE Training Group is a global community of inspiring individuals to share ideas and support one another in living a healthy and successful life.” - Jon