

Super Awesome Summer Session

Your Super Awesome Summer Session is a 12-week course in transforming your life, step-by-step.

Prep Week – KICK OFF CALL

WEEKLY ASSIGNMENT

Setting intentions

NUTRITION NUGGET

Awareness exercise: The Food Journal

Week 1 – GROUP CALL #1

WEEKLY ASSIGNMENT

Start from where you are: the Circle of Life

NUTRITION NUGGET

Feeling Juicy! Hydration for health

Week 2

WEEKLY ASSIGNMENT

Overcoming overwhelm

NUTRITION NUGGET

Deconstructing cravings

Bonus
content!

Week 3 – GROUP CALL #2

WEEKLY ASSIGNMENT

How do you want to feel?

NUTRITION NUGGET

Switch up your snacks

Week 4

WEEKLY ASSIGNMENT

Get over the guilt

NUTRITION NUGGET

Superfoods!

Week 5 – GROUP CALL #3

WEEKLY ASSIGNMENT

Giving yourself permission

NUTRITION NUGGET

Getting' down with whole grains

Week 6

Bonus
content!

WEEKLY ASSIGNMENT

Super Awesome Self-Care

NUTRITION NUGGET

Adventures in mindful eating

Week 7 – GROUP CALL #4

WEEKLY ASSIGNMENT

Super secret ninja assignment

NUTRITION NUGGET

Veggie adventures

Week 8

WEEKLY ASSIGNMENT

Breathe!

NUTRITION NUGGET

Meal planning basics

Week 9 – GROUP CALL #5

WEEKLY ASSIGNMENT

Accepting abundance

NUTRITION NUGGET

Eating out

Week 10

Bonus
content!

WEEKLY ASSIGNMENT

It's better to give, but it's awesome to receive

NUTRITION NUGGET

Inflammatory foods

Week 11 – GROUP CALL #6

WEEKLY ASSIGNMENT

How you do anything is how you do everything

NUTRITION NUGGET

Even a caveman could do it – feeling primal

Week 12

WEEKLY ASSIGNMENT

Manifest your dreams

NUTRITION NUGGET

Going raw

Wrap-up – SYNTHESIS CALL

WEEKLY ASSIGNMENT

Assess and Adjust

NUTRITION NUGGET

Hippie hints for healthy habits