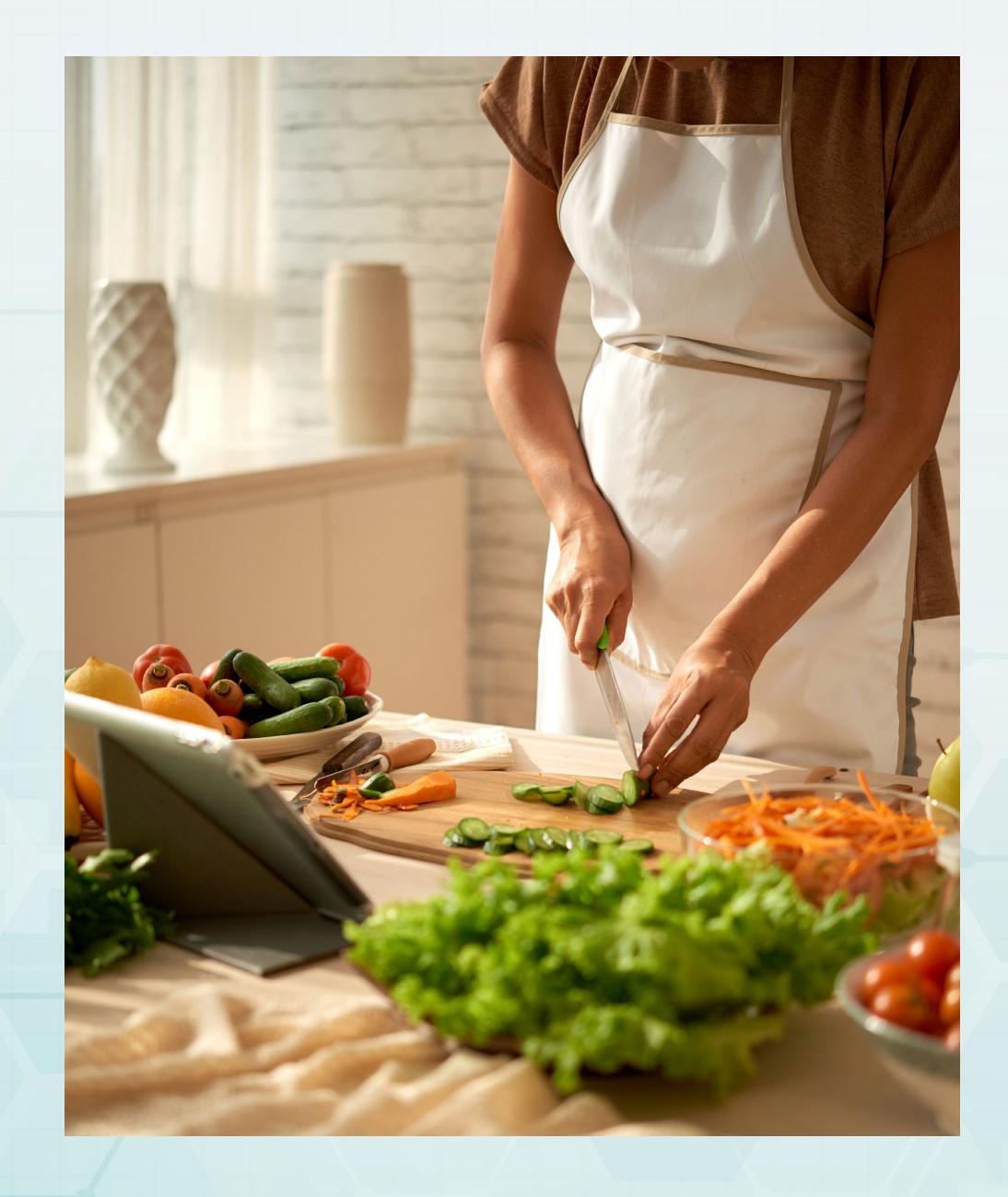


TEACHING KITCHEN TRAINING AND COACHING PROGRAM





Teaching Kitchen Training and Coaching Program

The Teaching Kitchen Coaching and Training program is an online nutrition coaching program specifically designed to help our clients integrate the relationship between lifestyle inputs and the dynamic relationship between an empowered patient and an engaged team of health care professionals. The aim of this program is to overcome obstacles to achieving an optimal level of health for the patient. Our nutrition coaching program will address his/her lifestyle and attitude towards nutrition.



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as follows:









Teaching Kitchen Training and Coaching Program

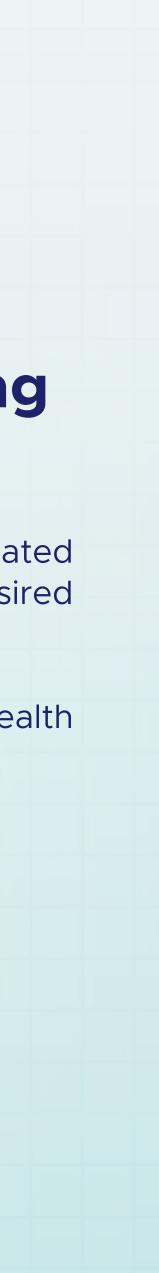
Go2Health's Kitchen Training and Coaching program has the following features:

 Menu Planning for sustainable implementation of a Well Formulated Modified Food Plan that is customized and adaptive to achieve desired health outcomes

 Tracking of the several vital nutrients affected by your chronic health insufficiency

- Nutrient Food Guide and Trackers
- Dining Out Food Guide and Sessions
- Virtual Shopping Session
- Kitchen Essential Check-up and Design







Teaching Kitchen Training and Coaching Program

Go2Health's Kitchen Training and Coaching program has the following features:

 Involves the Four Phases of a Well Formulated Diet to achieve the target and desired Nutritional Ketosis

- Adopt
- Adjust
- Built
- Maintain
- Includes Seven Steps to Sustainability
- Guilt Free Eating guide
- Laboratory Tracking and Monitoring and its Nutrient Connection
- Health Ecosystem Partner and Networks
- Runs for 3 months







Let's start your health journey today!

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Teaching Kitchen Training and Coaching Program

