

12-week nutrition plan

IT'S NOT ABOUT THE SCALE IT'S ABOUT HOW YOU FEEL AND PERFORM

A 12-week program designed to:

- **optimize health** and
- **find your ideal bodyweight**

through individualized nutrition and lifestyle recommendations with weekly focus topics



WEEK 1	Nutritional Therapy Initial Evaluation: 90 Minute <ul style="list-style-type: none"> • 3 day food journal, Nutri-Q questionnaire, hands on functional evaluation and intake forms reviewed to develop an individualized nutrition plan • baseline measurements taken • hair sample submitted 	<ul style="list-style-type: none"> • Focus Topic: Blood Sugar Balance • Pantry Clean Out
WEEK 2	Continue initial nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Healthy Fats
WEEK 3	Continue initial nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Healthy Protein Options • Complete 2nd 3-day food journal
WEEK 4	2nd 60 Minute Nutritional Therapy visit <ul style="list-style-type: none"> • Hair Analysis Results • Review daily checklists and 3-day food journal • Supplement Recommendations 	<ul style="list-style-type: none"> • Focus Topic: Digestion
WEEK 5	Implement revised nutrition plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Mineral Balance
WEEK 6	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Hydration
WEEK 7	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Vitamins
WEEK 8	3rd 60 Minute Nutritional Therapy visit <ul style="list-style-type: none"> • Assess progress and baseline measurements • Develop plan for daily detox practices • Increased focus on microbiome health 	<ul style="list-style-type: none"> • Focus Topic: Detoxification
WEEK 9	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Microbiome
WEEK 10	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Healing Foods
WEEK 11	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Proper Food Preparation
WEEK 12	Final 60 Minute Nutritional Therapy Visit <ul style="list-style-type: none"> • Baseline measurements • Address any changes needed for long term management • Optional 2nd hair test sample submitted for comparison (not included) 	<ul style="list-style-type: none"> • Focus Topic: Food Sourcing

\$425 (including HTMA- \$520 value)

Visit grassrootsphysicaltherapy.com or email us at katy@grassrootsphysicaltherapy.com

12-week nutrition + physical therapy plan

IT'S NOT ABOUT THE SCALE IT'S ABOUT HOW YOU FEEL AND PERFORM

A 12-week program designed to:

- **optimize health** and
- **find your ideal bodyweight**

through an individualized nutrition and movement plan to fit your lifestyle and health goals



WEEK 1	60 Minute Physical Therapy Initial Evaluation: address pain and imbalances limiting physical activity	Nutritional Therapy Initial Evaluation: 90 Minute <ul style="list-style-type: none"> • 3 day food journal, Nutri-Q questionnaire, hands on functional evaluation and intake forms reviewed to develop an individualized nutrition plan • baseline measurements taken • hair sample submitted 	<ul style="list-style-type: none"> • Focus Topic: Blood Sugar Balance • Pantry Clean Out
WEEK 2	2nd 60 Minute PT appointment: <ul style="list-style-type: none"> • Assess & progress movement and lifestyle strategies 	Continue initial nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Healthy Fats
WEEK 3	3rd 60 Minute PT appointment: <ul style="list-style-type: none"> • address additional areas of focus and progress program 	Continue initial nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Healthy Protein Options • Complete 2nd 3-day food journal
WEEK 4	Continue PT movement plan	2nd 60 Minute Nutritional Therapy visit <ul style="list-style-type: none"> • Hair Analysis Results • Review daily checklists and 3-day food journal • Supplement Recommendations 	<ul style="list-style-type: none"> • Focus Topic: Digestion
WEEK 5	Continue PT movement plan	Implement revised nutrition plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Mineral Balance
WEEK 6	Continue PT movement plan	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Hydration
WEEK 7	Continue PT movement plan	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Vitamins
WEEK 8	Continue PT movement plan	3rd 30 Minute Nutritional Therapy visit <ul style="list-style-type: none"> • Assess progress and baseline measurements • Develop plan for daily detox practices • Increased focus on microbiome health 	<ul style="list-style-type: none"> • Focus Topic: Detoxification
WEEK 9	Continue PT movement plan	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Microbiome
WEEK 10	Continue PT movement plan	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Healing Foods
WEEK 11	Continue PT movement plan	Continue nutritional therapy plan <ul style="list-style-type: none"> • Weekly meal plan • Daily checklist 	<ul style="list-style-type: none"> • Focus Topic: Proper Food Preparation
WEEK 12	Continue PT movement plan	Final 60 Minute Nutritional Therapy Visit <ul style="list-style-type: none"> • Baseline measurements • Address any changes needed for long term management • Optional 2nd hair test sample submitted for comparison (not included) 	<ul style="list-style-type: none"> • Focus Topic: Food Sourcing

\$675 (including HTMA-\$780 value)

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