

# 5 Course Series

## The Plant-Forward Diet



Information Booklet &  
Frequently Asked Questions



**Welcome to  
my 5 course  
plant-forward  
diet  
transformation  
program.**

■ **Learn how to  
achieve and  
maintain a  
healthier  
diet, weight  
and lifestyle.**

# Hello everyone!

Welcome to my plant-based transitioning course for those interested in learning more about evidence-based nutrition and how it can help you achieve a healthier diet. This course is designed not only to inform and educate, but to create change and transformation for those willing to invest in themselves and their health.

This course is for everyone! From the healthcare professional to anyone interested about learning more about the science surrounding plant-based diets and lifestyle medicine.

Although this course is about transitioning towards a diet containing more whole plant foods, the content applies to everyone, regardless of your dietary goal. Here, you'll find information surrounding the transitioning process towards a plant-predominant diet.



**I'll help you  
clear up the  
nutrition  
confusion with  
evidence  
based  
information.**

# What to expect

In this 5 course series, I'll define terms like “plant-based diet” and “health spectrum”. We'll also review what evidence-based nutrition looks like and why you should give it some consideration. Each lesson will tackle a new subject, while moving through the 4-steps of the plant-based transition:

- 1. The plant-based diet/Reducing ultra-processed foods**
- 2. Busting common myths and FAQs/Reducing red and processed meats**
- 3. Supplements and nutrients of concern/Increasing plant-protein**
- 4. Finding your inner motivation/Increasing plant variety**
- 5. Putting it all together/Finding long term success for disease risk reduction**

# Basic Requirements

The success of this self-paced course and of your transition requires personal reflection and completion of the required course work at your own pace and on your own time. **Have fun! No stress, no worries, there are no exams or evaluations.** Just you, the 5 courses and a workbook.

# What to expect

Each week will have a **specific theme and set of goals and challenges**. You can either work on these goals alone or you can share them with the community on our exclusive Facebook group when the group session is available. You can participate as much or as little as you want. Remember that sharing your wins and challenges will help normalize and validate your experience and will help inspire others.

**\*please note that this applies to those who purchased the coaching plan**

# 5 Course Series

## **1- The Plant-Based Diet**

- Why go plant-based?
- The benefits
- The reasons
- The spectrums
- The Canadian Food Guide

## **2- Myths and FAQs**

- Eating plants
- Eating meat
- Eating dairy products
- Eating fish
- Eating eggs
- Soy, protein and other common misconceptions

### **3- Supplements and nutrients of concern**

- The SAD Diet
- Nutrients we get too much of
- Nutrients we get too little of
- Vitamins, minerals and supplements
- Should we track macros or micros?

### **4- Finding your why**

- Finding your intrinsic motivation
- Building emotional conviction
- Building confidence
- Friction and how to manage it
- Formulating a SMART plan

### **5- Putting it all together**

- Recapping the 4 food group spectrums
- Making change sustainable
- The 4 step process



# Frequently Asked Questions

- **How do I register and pay for the course?**
- **What's this course about?**
- **Why are there different course tiers?**
- **Do I have to participate in the group?**
- **Can I access the course recordings?**
- **How long can I access the course group and materials?**
- **I'm not on social media, can I still access the course?**
- **Is this course about plant-based diets?**



**You can  
register for  
the course  
at**

**[plantbaseddrjules.com](http://plantbaseddrjules.com)**



# **What is this course about ?**

**In this course,  
you'll learn  
about the  
building  
blocks of a  
healthy diet  
and about the  
building  
sustainable  
habits.**

■  
**The different  
tiers help  
you  
customize  
your  
learning  
experience.**

# FAQs

- **Do I have to participate in the group?**
  - **although participating in online group discussions is encouraged, it's not at all mandatory!**
- **Can I access the course recordings?**
  - **you have unlimited access for up to 1 month after course ends!**

# FAQs

- **I'm not on social media, can I still access the course?**
  - **absolutely, but group discussions and bonus videos will be posted to the private facebook group**
  
- **Is this course about plant-based diets?**
  - **this course is for anyone looking to improve their health, regardless of your preferred diet**



**Pricing and  
details  
available on  
my website  
by clicking  
here!**



Please note  
that if coaching  
is available for  
this course  
series, it will be  
posted here!

[plantbaseddrjules.com](http://plantbaseddrjules.com)

---

