

Pre-session Prep:

1. Fill out NT Client Intake Form.
 - a. First / Last Name, and e-mail must match InfusionSoft EXACTLY (verify with manager)
 - b. Don't fill out TXT # field yet (you'll verify with client later)
 - c. NT Motivation, Additional Notes, and selection of the first module will take place during the session.

Introduction/Goals Discussion:

1. Introductions (Obvious)
2. Goals/History discussion
 - a. Discuss what the client wants to accomplish.
 - b. Discuss the client's history with nutrition.
 - i. What have you tried in the past?
 - ii. What's worked well ... not so well? ... and why? (why is key ... use this later in the discussion to highlight how NT is different and will it help them overcome "the why" of the past)

"You (the client) do not need to be an expert in nutrition and physiology ... you need to be an expert in getting the right amount of the right choices into your body ... consistently that's how you're going to get results ... and that's what this program is all about"

3 Main Pieces to the Puzzle:

1. **Psychology** (Making the right Choices and Portion Control)
2. **Planning and Preparation**
3. **Let's Eat** (Getting down to the "nitty gritty" ... recipes; what to eat)

"What makes NT so effective is that we methodically work through these pieces ... giving you the tools and the accountability to successfully navigate each."

"You really need all three to be successful in the long-term ...

... it does you no good to know what the right choice is ... only to make a poor choice (Psychology)

... it does you no good to plan and prepare a great meal ... only for your portions to be out of whack (Psychology)

... it does you no good to how to make great choices and control portions ... only to be so

inefficient at preparing meals that you can't stick with it (Planning and Prep)

... it does you no good to have all of the tools you need and be ready to make a great choice ... only to have no idea what a great choice is (Let's Eat)

"You (the client) do not need to be an expert in nutrition and physiology ... you need to be an expert in getting the right amount of the right choices into your body ... consistently that's how you're going to get results ... and that's what this program is all about"

"Accountability and staying top-of-mind are essential for lasting results ... my job is to provide direction and accountability ... your job is to be receptive to being held accountable. You're going to be hearing from me several times a week ... sometimes it'll be an e-mail, sometimes a phone call, sometimes it'll be face-to-face ... and sometimes it'll be via text ... speaking of which, what is the best number for texting you?" "We have found texts very effective ... there quick, simple ... and really hard to miss"

Record TXT #

Manage Text Expectations

"By the way, we send texts through a system here at the studio ... it allows us to keep track of who we've texted, and when ... I'm telling you this b/c any text I send you will come from a weird number ... and will have REPLY STOP at the end ... it'll be from me though. Because it comes from the studio you can't reply ... but that's OK ... because of that I don't text anything that requires a response ... Oh ... and please don't reply STOP ... or you won't get any more of my texts"

NT Guide Overview:

1. Just Eat Real Food – *"if it's not something you can catch or grow ... you shouldn't eat it"*
2. Introduce the 80/20 Rule.
3. What goes in the 80%
 - a. 4 Food Standards
 - i. It must promote a healthy psychological response.
 - ii. It must promote a healthy hormonal response.
 - iii. It must support a healthy gut.
 - iv. It must support healthy immune function and minimize inflammation

4. What goes in the 20%

- a. Sugar - wreak havoc on hormones
- b. Grains – gluten sensitivity/allergy ... abdominal discomfort, inflammation
 - i. good source of fiber ... but so are vegetables (no debate)
- c. Dairy – highly processed, pasteurization strips away nutrients ... added back with synthetic, man-made forms
 - i. plenty of calcium elsewhere ... often with far less calories

5. Building Your Meal

- a. This is about **Portion Control** (Review Meal Building steps – start with Protein, etc.)

6. Dining Out

- a. Review Dining Out strategies ... building your meal strategies still apply

7. Sources/Books

- a. The idea behind the approved sources and the recipe books is that they can choose anything from either and know that they are in the 80%
- b. Every recipe in the book and all of the sources are consistent with the Paleo approach
 - i. *“Paleo minus the crazy”*

Meal Planning Template:

Objectives:

1. Easily plan and prep for meals that you’re going to enjoy.
2. Easy/Foolproof method for buying the correct amount of food (no waste)
3. Make shopping quick and easy.

More to come here ...