

What can I expect from “*The Napkin*” video course?

Habit #1 - Eat REAL Food.

You will learn: the magic behind 3 simple words...Eat REAL food. How to cut through the confusion around eating healthy with a simple and life-changing approach that will help you understand how to focus on the foods that will skyrocket your health.

Habit #2 - Read ingredient labels.

You will learn: what to look for and the importance of learning this key step in understanding what is in the foods you eat.

Habit #3 - Stock your kitchen with the right staples.

You will learn: how to stock your pantry and your kitchen for success. We will show you the ingredients to have on hand to make quick and easy meals and how to make a variety of recipes come together easily to make cooking more efficient and more enjoyable.

Habit #4 - Eat 8-10 fist-size servings of a variety of vegetables and fruits every day.

You will learn: how to dramatically improve your health by enjoying more vegetables and fruits, how to prepare them in surprisingly delicious ways, and how to easily incorporate them into your every day routine.

Habit #5 - Roast a variety of vegetables multiple times every week.

You will learn: how to become a roasting veggie master! You will learn the game-changing technique that will give you a whole new perspective on vegetables and we will show you how to transform them into a variety of different meals.

Habit #6 - Enjoy a flavor-loaded dark leafy green salad with a homemade dressing every day.

You will learn: how to take your salads to the next level and say hello to flavor-loaded salads with personality! Learning how to incorporate a variety of flavors and textures into great-tasting salads is the key to make sure salads are never boring. You will also learn how to easily make homemade dressings that will have you kicking the bottle to the curb!

Habit #7 - Make the healthy choice the easy choice.

You will learn: how to have healthy breakfast, snacks and sweet treats on hand so you never feel stuck without good options. Learn how to plan and prepare so healthy and delicious meals easy and convenient!

Habit #8 - Have a plan to cook meals at home - make them taste amazing.

You will learn: how to create meals at home that are loaded with flavor and nutrition. You will learn how to transform what you may have thought was drudgery in the kitchen to a newfound joy and significantly improve your health at the same time!

Habit #9 - Propel yourself out of processed food paradise.

You will learn: how to navigate keeping it REAL while eating out and eating away from home. Believe it or not, it is possible to maintain a REAL food lifestyle while at restaurants and traveling — we will show you how!

Habit #10 - Make it a priority - your health is worth it!

You will learn: how to focus on what is most important and we will give you encouragement on how to make your health a priority.