

30 DAY NUTRITION UPGRADE

The 30-Day Nutrition Upgrade is a simple but highly effective way to create healthier eating habits that last

ABOUT US

- ✓ No calorie counting, food logging, or forbidden foods

"I love that you don't focus on counting calories or eliminating certain foods!"

- ✓ Can be adapted to all dietary needs and preferences

"The program taught me what healthy eating should look like without being a strict diet."

- ✓ Designed for individuals, families, or workplace teams

"This is the opposite of a diet. It's more like playing a game—and I end up eating better."

- ✓ Perfect for busy professionals—requires only a few minutes a day for lasting impact

"This program provided daily accountability and quick reporting. It's just what I needed to help me make better choices."

- ✓ See results immediately and track progress over time

"I love how simple it is and the daily feedback keeps me motivated."

WHAT SETS US APART

- Created and delivered by one of the nation's most highly regarded nutritionists
- Nutrition GPA app, singled out by New York Times as one of "4 Best Diet Tracking apps"
- Small cohorts provide a highly personalized and supportive experience
- Short-term intervention leading to profound and lasting behavior change








"The program helps me to make better choices on a more consistent basis."



Monica Reinigel,
MS, LDN, CNS

RESULTS

Participants in the 30-Day Nutrition Upgrade report:

-  Eating more vegetables and fish
-  Eating fewer sweets and fried foods
-  Reducing alcohol consumption
-  More energy
-  Improved mood
-  Weight loss

Monica Reinigel is a board-certified, licensed nutritionist and professionally trained chef. Her “sane and scientific” approach and “foodie-friendly” advice is regularly featured on the TODAY show, CBS News, Morning Edition, and in the nation’s leading newspapers, magazines, and websites. She’s also creator of the Nutrition Diva podcast, one of iTunes’ most highly ranked health and fitness podcasts since its debut in 2008 and the author of six books. Professional affiliations include the Academy of Nutrition and Dietetics, the American College of Nutrition, and True Health Initiative.

COST

\$69/participant
Group pricing available

INCLUDES:

- Live/recorded online orientation
- Daily online access to a licensed nutritionist
- Daily emails with tips, FAQs, recipe and meal-planning tips
- A library of additional materials on diet and nutrition