

NUTRITION ESSENTIALS
MASTERCLASS
 september calendar

**LIVE
 FALL 2022**

optimize^{me}
 nutrition

Su	M	Tu	W	Th	F	Sa
Sept 4	5 <i>labor day</i>	6	7	8	9	10
11	12	13 REG CLOSES	14 <i>pre-work & prep</i> Ⓟ 7:15P EST L	15 2:15P EST L	16	17
18 QUALITY PHASE	19	20	21 L	22 L	23	24
25	26	27 Ⓟ <i>analysis & prep</i>	28 PROTEIN PHASE L	29 L	30	Oct 1

Ⓟ = WATCH VIDEO(S) **L** = LIVE SESSION Q&A

NUTRITION ESSENTIALS
MASTERCLASS
october calendar

optimize^{me}
 nutrition

LIVE
FALL 2022
(cont.)

Su M Tu W Th F Sa

Oct 2	3	4	5	6	7	8
					Ⓥ <i>analysis & prep</i>	TOTAL CALORIES PHASE
9	10	11	12	13	14	15
			Ⓛ	Ⓛ		
16	17	18	19	20	21	22
	Ⓥ <i>analysis</i>	PERSONLIZATION Ⓥ				<i>coaching ends</i>
			Ⓛ	Ⓛ		

Ⓥ = WATCH VIDEO(S) Ⓛ = LIVE SESSIONS: BONUS CONTENT & Q&A
 - lives are optional,
 - you only need to attend 1 per week,
 - a recording will also be made available after the first call.