

3-Month Intensive Program

Member Guide



Table of Contents

[About JD Nutrition LLC](#)

[Why was the Intensive program developed?](#)

[What's included in the program?](#)

[Program Agenda](#)

[Program Goals](#)

[Program Costs and Billing](#)

[FAQs](#)



About JD Nutrition LLC

Jackie Durand RD, CDN Owner and Registered Dietitian

- BS in Nutrition Science from UCONN, 1200-hour practical internship before national registration exam.
- 5+ years of experience working one-on-one with clients for weight loss, managing medical conditions and lifestyle improvement.
- Extensive training in medical nutrition therapy, cognitive behavioral therapy and modification.
- I love gardening, reading, walking and hikes, and cooking with my little.
- Favorite foods include blueberry pancakes, homemade mac and cheese and asparagus.
- My wellness philosophy
 - Find what works for you with small lifestyle adjustments.
 - Aim to eat real, quality foods and enjoy EVERYTHING in moderation



Why was the Intensive program developed?

Funny story!

In early 2021, I found myself streamlining my workflow process to make keeping up with my clients more manageable. As I wrote several meetings follow up emails each day, I realized that I was providing the same information around a pretty specific variety of nutrition and wellness topics, almost ad nauseum. To save time, I started writing little snippets about these hot topics into a document to copy and paste into emails as needed. Hello streamlined workflow, goodbye carpal tunnel!

After a few weeks, I reviewed this document and had a pretty big revelation. Not only was I saving time for more pressing work, but my clients were experiencing better outcomes (a dietitian's dream)! Turns out, a bit more structure and guidance provided a lasting reminder of our conversation, and made it possible to focus their attention on making small changes in lifestyle.

Fast forward a few months...with this minor change in my follow up protocol, paired with regular one-on-one meetings, an awesome trend emerged. Clients who followed through with their weekly appointments and committed to making some small changes to their routines saw BIG results. Not only were these clients beginning to lose weight, they also saw major improvements in their daily energy levels, sleeping habits, diet quality and overall confidence in their ability to GET IT DONE! I thought, I have GOT to make a formal program to encapsulate this winning combo!

My 3-Month Intensive Program was born out of the idea that with the right combination of education, motivation and support, everyone can be successful in weight loss. My ideal client enters this program having failed before (yes, I said it!). They have all but given up, have read everything about weight loss on the internet, and have tried and failed several times. What was lacking before is the structure of a formal program, with the flexibility and custom nature of working one-on-one with a registered dietitian (not just a 'weight loss coach').

What's different here is the sheer level of support, focus and accountability over time that is simply not available with other programs. Members are learning the basics of a healthy lifestyle, discovering foods and eating patterns that they enjoy, and falling in love with self-care. In the background, I'm using my experience in medical nutrition therapy and coaching

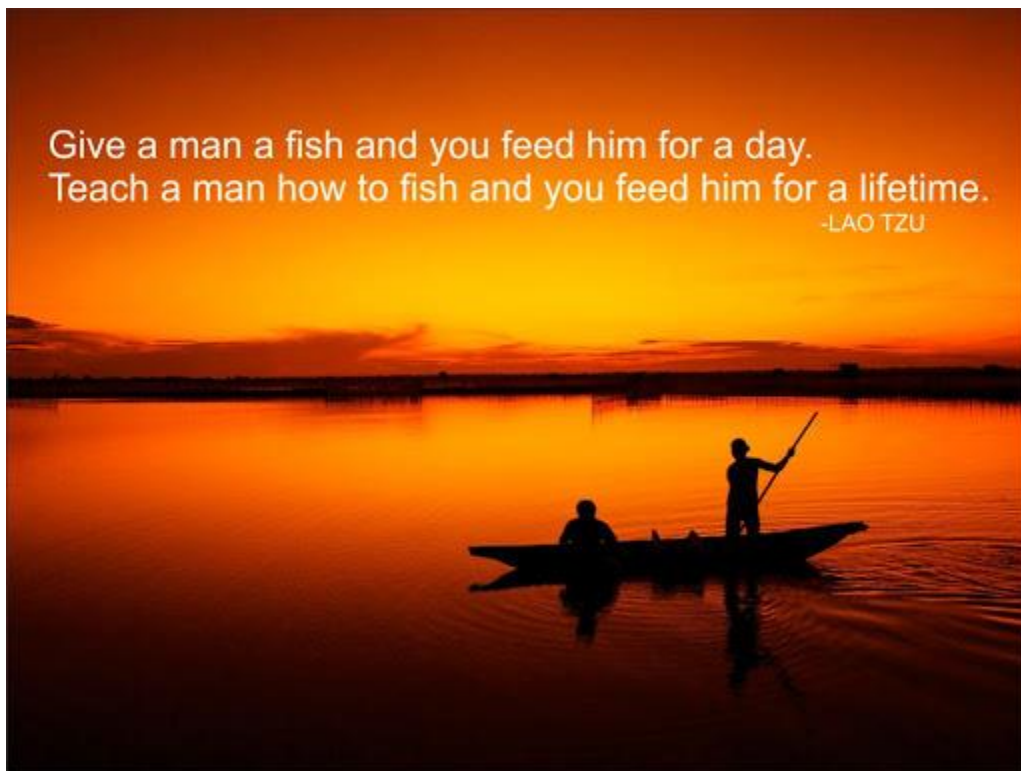


to make sure that their weight loss process is safe, that their diet is well-rounded, and that we are addressing any medical conditions in the process. We're correcting unhealthy thoughts around food, nourishing the body and mind, all while having a pleasant conversation about food.

Who knew?

My primary goal with this program is your long-term success. At the end of our 12 weeks together, I want you to fly on your own. The materials given are designed to teach you how to set goals, motivate yourself, execute these goals and continue with confidence through your weight loss journey. You are not meant to lose all of the weight you want to lose in 3 months. You are to gain all of the tools and skills necessary to make it happen for yourself.

This program is my version of the old adage:



I look forward to working with you and watching your journey to success!

What is included in the program?

- 12 weeks of weekly self-study tools (reading material, interactive worksheets, videos) centered around pillars of wellness.
- Weekly office hours for all program members to pop in and ask questions and get support.
- 7-day meal plan customized to your food preferences and dietary goals. Gives meal and snack ideas, suggested meal timing and serving sizes to meet your needs and calorie goals.
- Exclusive access to Facebook group for program participants-daily tips, recipes, motivations and support from me and your peers
- Access to your captain RD by email at any point during the program

Focus, Structure, Accountability, Support

(and a few fun surprises along the way!)

Program Agenda

Each week, you will log onto the online platform and work through self-study guides, videos and handouts to gain knowledge in each of the topics below. You have the opportunity to review and ask questions on these topics at weekly virtual office hours, and schedule a one-on-one session for individual help and support as needed.

Week 1: Orientation and Setting Priorities

Week 2: Basics of the Weight Loss Equation

A healthy weight is a weight at which you are optimally healthy, free of chronic disease (or managed), energy and mood are high. Learn how all facets of wellness assist in maintaining a healthy weight and determine an optimal goal for yourself.

Week 3: Understanding Your Metabolism

Understand how the foods you eat affect fat storing and burning processes. Why reducing added sugar and balancing your diet reduces hunger cravings and promotes weight loss.

Week 4: Meal timing and optimal food pairings

Discuss the science behind optimal meal times for boosting metabolic speed. Learn how to plan an eating routine around your current schedule and discuss how different combinations of food affect hunger and satiety cues.

Week 5: Review and Digest

Take inventory of what was learned so far and measure success implementing. Attending office hours this week is highly recommended!

Week 6: Healthy Meal Planning

Learn how to create your own healthy meal plans based on my methods for creating customized meal plans for clients

Week 7: Mindful eating

Discover how to transition to new, healthy strategies for managing stress and emotions. Learn your specific emotional triggers and earn a new understanding of emotional eating.

Week 8: Building Self-Discipline

When motivation wanes, fall back on consistent healthy habits to continue powering through your weight loss journey.



Week 9: Review and Digest

Take inventory of what was learned so far and measure success implementing. Attending office hours this week is highly recommended!

Week 10: Create an exercise routine

The benefits of exercise go way beyond simply burning more calories. Discover how creating a consistent exercise pattern affects your metabolism and learn smart tips for fitting it into your busy schedule.

Week 11: Better sleep

Learn how inconsistent sleep leads to weight gain, and how to create healthy sleep habits to fall asleep faster and wake well rested more regularly.

Week 12: Maintaining Healthy Habits

Long term success requires diligence and focus. Learn tips for staying on track long term by building a support network and using SMART goal setting.

Program Goals and Expectations

Goals

Create a working knowledge of healthy diet and lifestyle habits for long-term weight loss success.

Build a healthy love-LOVE relationship with food, movement and self-care.
Do it because you WANT to!

Learn how to set goals and reach them all on your own.

Make improvements to health: lose weight, improve cholesterol profile, manage blood sugar and blood pressure.

Program Costs and Billing

Program Cost: \$599.00

Cost includes online platform hosted through Thinkific, 7-Day Customized Meal Plan, access to weekly office hours, access to Facebook group. This service is not billable to insurance, however, your HSA or FSA may recognize this as an allowable expense. Check with your carrier.

One-on-One Virtual Sessions (optional add-on): \$75 per session up to 60 minutes

Virtual sessions help customize learning pillars to your specific needs and obstacles. Sessions every 1-2 weeks are recommended for optimal success, but are not required.

Insurance Billing for Virtual 1:1

JD Nutrition LLC is in network with the following insurance companies. Coverage will vary by plan.

- Anthem Blue Cross Blue Shield
- Cigna
- Connecticare
- Harvard Pilgrim

Payment options

Payable via check or credit card. Please note that personal checks will need to clear before being onboarded into the program.

- To pay via credit card or PayPal, please visit to enroll in the course
- To pay by check, please contact info@jdnutritionllc.com to enroll

Refund Policy

If after your first week you feel this program isn't a good fit, a full refund will be issued. Your formal request (via email or phone) must be received within 1 week of program enrollment.



FAQs

Will I lose weight?

Maybe (and likely!). Together we will build a plan to create modest weight loss for the long term. In some, their metabolism responds right away, and weight loss is immediate. For others, it takes longer to nurture a speedy metabolism to see results. Over three months of diligent work, you will likely see modest weight loss, changes in energy and digestion, and a sense of passion to keep going!

Do I need to buy special meals or shakes?

No. This course teaches you to make smart, balanced decisions using real food. The sample meal plan included in your package is a great suggestion for getting started, but we will tailor it to your needs and tastes.

Do I need to give up my favorite foods?

No, but you should be open to trying new things. Cutting out favorites like chocolate, coffee and carbs is not sustainable (and sort of ridiculous!). All foods can be included keeping overall healthy balance in mind. I encourage you to ask how to fit your favorites in!

What results can I expect to see from this program?

Results will vary, and will be a direct reflection of the time and effort you put in. Give it your all, get big results in return.

Will all program members receive the same treatment?

The basic pillars discussed in the course agenda will be consistent for each member, but how these are added into each member's daily routine will look a little different. The benefit of this program is both the consistency and personalization it provides.

Contact Information

If you have questions regarding any part of the program at any time, feel free to reach out!

Email: info@jdnutritionllc.com

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