

# 15-Day Whole-Food Plant-Based *Jumpstart Program*

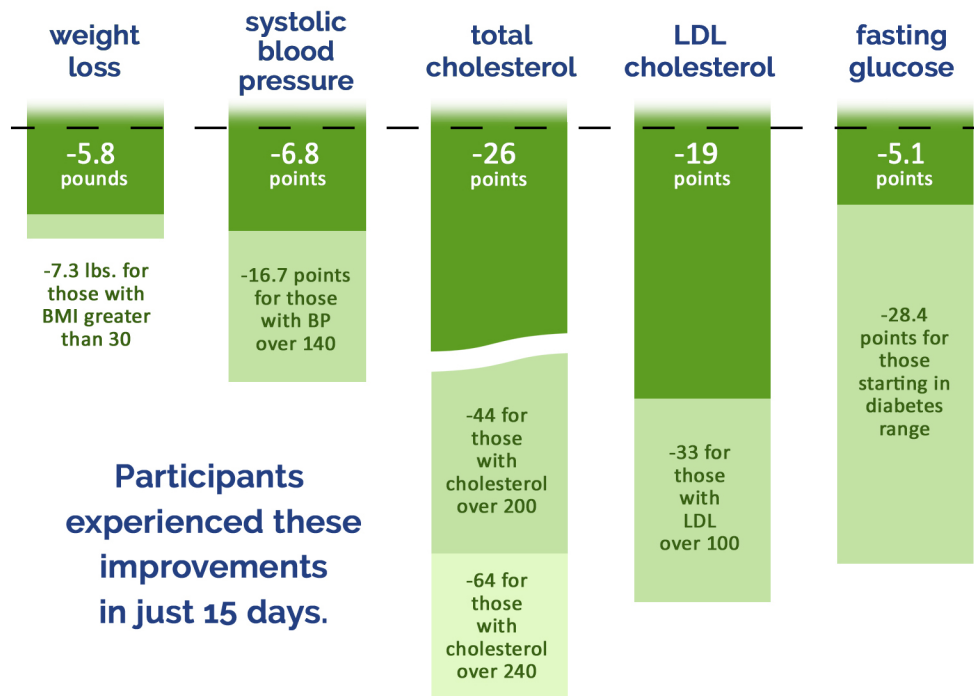


You have the power to improve your health, once and for all.

- Lose weight, lower cholesterol and feel better in two weeks!
- Takes place via facilitated Zoom meetings, including 3 primary sessions, cooking demo, and 2 mid-week check-ins.
- Best part - no restrictions on the amount of healthy food, no measuring or weighing food, no calorie counting, and no macronutrient (carbs, protein, fat) tracking!



## RLMI Jumpstart Average Recorded Results



Visit our website to get started!

[RochesterLifestyleMedicine.org/about-jumpstart](https://RochesterLifestyleMedicine.org/about-jumpstart)  
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