

JANUARY 11–31, 2027

# Your 21-Day Reset

*Learn · Cook · Move · Connect*

## 01

Week One · Jan 11–17

### FOUNDATIONS & MOMENTUM

- **Live Welcome Session**  
Program overview with Dr. Fuhrman
- **Lectures**  
Nutritarian Basics; True vs. Toxic Hunger
- **Live Q&A**  
Your questions answered directly
- **Cooking demos with Jenna**  
Dressings, shepherd's pie, tiramisu
- **Exercise with Dr. Fuhrman**  
An accessible routine to get you moving
- **Lecture with Dr. Cara Fuhrman, ND**  
Women's health deep dive

## 02

Week Two · Jan 18–24

### SKILLS THAT STICK

- **Lecture**  
Understanding the effect of foods on the body
- **Lectures**  
Slow biological aging; overcoming food addiction
- **Zoom meet-up**  
Nutritarian Happy Hour with fellow participants
- **Group coaching**  
With our certified Nutritarian coach
- **Lecture**  
Combat food addiction with Randi Carbone, RN
- **Exercise with Dr. Fuhrman**  
Balance protection and isometrics

## 03

Week Three · Jan 25–31

### CRAVINGS, EMOTIONS & PREVENTION

- **Lecture with Dr. Fuhrman**  
Prevent and reverse disease
- **Lecture**  
Building healthy habits with Jenna Fuhrman
- **Live Q&A**  
Final questions and accountability
- **Lectures**  
Hidden barriers; end emotional eating with Randi Carbone, RN
- **Exercise with Dr. Fuhrman**  
Weights and strength training
- **Cooking demos with Jenna**  
Queso dip and mushroom bolognese

WEIGHT LOSS DETOX · NEW YEAR RESET