

ELEMENTAL DIET SUCCESS PLAN

# PROGRAM

*Timeline*



# setting yourself up for success with

## THE ELEMENTAL DIET SUCCESS PLAN

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Welcome to the Elemental Diet Success Plan!

The video lessons and guidebooks in this course will accompany you through each phase of a successful elemental diet.

Please use this program timeline as a guide for how the next several weeks will unfold for you. Your timeline starts with the tasks to complete two weeks before starting your elemental diet and takes you through concluding the elemental diet and beyond.

Fill in your own dates and check the items off as you move through the days and weeks. You may choose to put these tasks into your calendar to ensure you stay on track and don't miss anything!

We always say that those who plan for their elemental diet are planning for their success!

*- Dr. Roy & Debbie Steinbock*



# STARTING YOUR ELEMENTAL DIET

## TASK



### OVERVIEW OF THE ELEMENTAL DIET



Watch Lesson 1: What Is an Elemental Diet and How Does It Work? (9 minutes)



Complete Program Workbook Lesson 1



Watch Lesson 2: The Benefits of An Elemental Diet—and When It's Not Recommended (24 minutes)



Complete Program Workbook Lesson 2

### PLANNING FOR THE ELEMENTAL DIET



Watch Lesson 3: Choosing an Elemental Shake Formula (6 minutes)



Complete Program Workbook Lesson 3



Watch Lesson 4: Personalizing Your Calorie Requirements (9 minutes)



Complete Program Workbook Lesson 4



Watch Lesson 5: Supplements and Medications (13 minutes)



Complete Program Workbook Lesson 5



Watch Lesson 6: Preparing Your Body to Begin the Elemental Diet (5 minutes)



Complete Program Workbook Lesson 6



Order your elemental diet supplies. Please reference the Supply List for additional information