**Positive Choice Partial Meal Replacement Program**

**Session Topic**

1. Fat, Muscle and The Plate Method
2. Protein and Creating a Healthy Lifestyle
3. Hydration and Change
4. Carbs, Sugar and Coping
5. Fiber and Self-Talk
6. Gut-Brain and Coping
7. Fats and Fiber
8. Antioxidants and Habits
9. Stress
10. Label Reading
11. Emotions
12. Sugar Substitutes and Shopping
13. Fitness and Body Image
14. Dining Out and Assertiveness
15. Meal Prep and Needs
16. Maintaining a Healthy Lifestyle and Values
17. Vitamins, Minerals and Mindfulness
18. Resistance Training and Motivation