



Healthy Eating Adventure

Dear Healthy Eating Adventurer,

Welcome to our community **Healthy Eating Adventure** (HEA)! We are excited to have you be a part of this truly transformational process and if you stay on this short 28-day journey, by the end of the program, you will see significant results. As Rip Esselstyn, author of *Engine 2 Diet* says, “In just 28 days, you will plant the seeds of a long lasting healthy life.”

Your adventure starts one week from today with the “Kitchen Training.” Here are your first steps to prepare:

- Make an appointment for your **FREE Health Screening** conducted by the Shippensburg Exercise Science department. It is so important to know your numbers, and we are confident that you will be motivated by seeing the quantitative benefits you experience during the program. We will also schedule repeat tests at the end of the Adventure so you can compare your results. The test results will be kept confidential and will be reported as a group with other participants.
- Read at least one of these two helpful books - *Engine 2 Diet* or *Prevent and Reverse Heart Disease* – start from the beginning! For extra plant-based recipes to use during the adventure, you can also purchase an e-cookbook *On Target with Coach BJ* (for details, free recipes and how-to videos, see <http://coachbj.com>). For consistency and compliance, use recipes from these three resources to bring to adventure potlucks. We want to simplify your cooking experience and make it enjoyable too!
- Make plans to attend the “Kitchen Training” next week (approximately 1 hour – no potluck during training, but light snacks will be served). Team potluck assignments will be made during training by your coach.
- Clear out the temptations, get all the non-plant-based foods out of your pantry, refrigerator, and freezer.
- Enjoy a shopping trip for the right foods; look at a few recipes from the mentioned books and get the ingredients for those. Plan for some extra time and have fun reading labels!
- Plan some plant-based meals and start eating them next week.





In two weeks, we will come together as a community for 4 weekly potluck dinners and share the common goal of healthier eating for a better you. Also, the potlucks are a great chance to hear what others are cooking and be amazed by all the great variety of foods and tastes. Your perspective on how you choose the foods you eat will change; you will be pleasantly surprised by the variety and flavor plant-based eating has to offer.

Your coach will contact you soon and will be a resource and support throughout the adventure. It is expected that you will communicate with your coach at least weekly. It's helpful to watch the movies *Forks Over Knives* and *Processed People* to support your commitment.

Find additional references on Rip's website <http://engine2diet.com>

Check out our HEA website <http://healthyeatingadventure.org>

Join our HEA community Facebook page <https://www.facebook.com/HealthyEatingAdventure>

Your Adventure will conclude with a graduation dinner, to be scheduled the week after the 4th potluck. Participants typically share their success stories; we will acknowledge your successful completion of this challenge and talk about how you can continue to find community support for a plant-based lifestyle.

Again we congratulate you for joining our community HEA. By the end of this adventure you will be glad you did this and happy with the progress you've made plus your heart will be happy too!!

Best regards,

Your HEA Team Leaders

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