



TRANSCEND
HEALTH and NUTRITION



Purely Nourish™

A clean, whole-foods meal plan designed
to meet your unique metabolic needs.

Transcend Health and Nutrition Meal Plan Options:

Hormone Balance

A meal plan which promotes hormonal balance for women suffering from hypothyroidism, polycystic ovarian syndrome (PCOS), estrogen dominance, weight gain, and fatigue.

This meal plan incorporates healthy fats such as omega-3's found in chia seeds, flaxseeds, and other food compound groups that contain phytoestrogens. Includes food groups and supplements containing DIM and green tea. In addition, anti-inflammatory vitamins and minerals such as magnesium, iodine, vitamin E and D to balance hormones and combat inflammation in the body are integral to this plan.



Gut Rescue

A gut healing meal plan that incorporates high amounts of amino acid glutamine to repair the lining of the intestinal tract, as well as, probiotic supplementation, prebiotic food recommendations, and herbal plant remedies such as aloe vera, peppermint, marshmallow, and fennel tea.

Kristen's Keto

A meal plan which is lower in carbs and higher in fat and protein to promote slight metabolic ketosis and burn through your bodies glycogen (carbohydrate stores). Traditional keto diets are 80% calories coming from fat, 5 to 10% calories coming from carbs, and 15% calories coming from protein. Many keto diets contain only 50 grams of carbs per day, which is unrealistic, especially when exercising. Kristen's Keto meal plan is designed around 55 to 60% calories coming from fat, 25 to 30% calories coming from protein, and 15 to 20% calories coming from carbs in conjunction with exercise.

Puure Heart

A meal plan that counteracts inflammation in the body by utilizing whole foods. Featuring a low sodium, high fiber diet which helps you to control your weight while reducing the risk of heart disease, high cholesterol, and high blood pressure. This meal plan provides phytosterols, antioxidants, and hops for the management of high cholesterol.



Pro-Renew

An antioxidant-focused meal plan carefully designed to eliminate dietary carcinogenic compounds and toxins, which can promote cancer. Learn how to integrate the “super foods” into your diet, and utilize the proper supplements to fulfill your specific needs. This meal plan features an organic phytonutrient blend of 12 super fruits, greens, collagen, and herbs. Ideally suited for individuals wishing to lose weight and lower their risk of cancer.



Happy Zone

A low carb, whole foods meal plan which helps maintain the body's glucose and insulin levels within a tighter range, anywhere from 100 to 150 grams of carbs per day. Ideal for individuals who wish to lose weight, and prevent or manage diabetes.



Develop a complete understanding of glycemic index foods and how they can combat the body's insulin roller coaster and lose weight. Perfect for those with prediabetes, high fasting sugar, polycystic ovarian syndrome (PCOS), and/or obesity.

Pro-Immune

A meal plan designed to minimize dietary allergens and irritants, which contribute to allergic food reactions. Ideal for those with multiple food allergies, irritable bowel syndrome (IBS), or autoimmune diseases. Supplemental liquid B12 and zinc are recommended. In addition high potency vitamin C, quercetin, N-Acetylcysteine to help support a healthy immune response.

**Not sure which plan is best suited
for your needs?**

Ask Kristen for guidance!

**Individuals often have dietary needs
that eclipse more than one plan.**

**I will be happy to custom design the
optimal meal plan *just for you!***

Transcend Health and Nutrition Services

What is included?

- Bio-energetic testing
- 4 to 6-month weight loss programs
- Purely Nourish™ meal plans
- Healthy living programs for metabolic reset
- Long-term healthy living and weight maintenance support
- Supplement and vitamin reviews
- Neuro-linguistic programming and behavioral coaching

Program Benefits:

- Cellular nutrition
- Detecting the root cause of health issues
- Feel better in your body!
- Find personal freedom and empowerment
- Redevelop your relationship with food
- Several in-depth consultations with dietitian Kristen who will develop a personalized meal plan for you, designed to optimize metabolism, lower weight, calm inflammation, restore energy and improve health
- Access to selected videos from exclusive online library, enabling you to stay current on cutting-edge nutrition secrets



**You get one precious life to live.
Make an investment in your health and wellness,
and enhance the joy in living each and every day!**



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