

Download the following forms and documents for the start of the course.

- [Program agreement](#)
 - [Session plan](#)
 - [Health History v2](#)
 - [References](#)
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Download the following documents for month 1.

- [Getting Started](#)
 - [Nutritional Review](#)
 - [Food Guide](#)
 - [Vegan - Family Health Relationships](#)
 - [Why Plant Based Nutrition](#)
 - [Substitute List](#)
 - [Dairy](#)
 - [Protein](#)
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Download the following documents for month 2.

- [Lipids](#)
 - [Carbohydrates](#)
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Download the following documents for month 3.

- [Nutrients](#)
 - [Fats and Cholesterol](#)
 - [Diets](#)
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