# LEADR FACILITATOR SCRIPT



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## **Facilitator Information**

Welcome Facilitator Overview Frequently Asked Questions

#### **Getting Started with Diabetes Remission**

#### Session 1

Welcome Check-in Intro Success Story: Patricia Thomas Health Vision Statement Success Story: VKL The Diabetes Remission Plate Success Story: 3 Common Nutrition Myths Closing

#### **Session 2**

Welcome Check-in Enjoy, Adapt, Explore: The Diabetes Remission Roadmap Overview of Program/What to Expect Stocking Your Pantry for Success Teaching Kitchen: Oatmeal Two Ways Commit to Your Health Setting **SMART** Goals Closing

# **Change Your Lifestyle, Transform Your Health**

#### **Session 3**

Welcome Check-in Movie: Forks Over Knives Movie Discussion Set Your **SMART** Goals Closing

#### **Session 4**

Welcome Check-in Teaching Kitchen: Tofu Scramble Tacos Set Your **SMART** Goals Closing Х

# **Understanding Diabetes**

#### **Session 5**

Welcome Check-in Teaching Kitchen: Fluffy Pancakes Full Plate Living: Segment 1 Set Your **SMART** Goals Closing

## **Session 6**

Welcome Check-in Diabetes Education: Basics Watch Diabetes Video Video Discussion Set Your **SMART** Goals Closing

# **Fine-tuning for Diabetes Remission**

#### Session 7

Welcome Check-in Teaching Kitchen: Sweet Potato Toast Full Plate Living: Segment 2 Set Your **SMART** Goals Closing

# Session 8

Welcome Check-in Diabetes Education: Remission Mechanics Budget Eating & SNAP Information Set Your **SMART** Goals Closing

# Meal Makeovers: How to Enjoy A Full Plate and Still Reach Your Diabetes Goals

#### **Session 9**

Welcome Check-in Teaching Kitchen: Filling Salad Blueprint Diabetes Education: How Much Fiber is in That Food? Meal Makeovers Set Your **SMART** Goals Closing

# Session 10

Welcome Check-in Full Plate Living: Segment 3 Review: Maximizing SNAP Benefits Set Your **SMART** Goals Closing

# **Changing the Game for Your Health**

# Session 11

Welcome Check-in Movie: The Game Changers Movie Discussion Set Your **SMART** Goals Closing

# Session 12

Welcome
Check-in
Teaching Kitchen: Bean Burgers
Set Your SMART Goals
Closing

# It's More Than Just Food

#### Session 13

Welcome Check-in Full Plate Living: Segment 4 Set Your **SMART** Goals Closing

# Session 14

Welcome Check-in Teaching Kitchen: Easy Veggie Stir Fry Diabetes Education Set Your **SMART** Goals Closing

# Want to Rev Up Your Healthy Life?

#### Session 15

Welcome Check-in Full Plate Living: Segment 5 Set Your **SMART** Goals Closing

#### Session 16

Welcome Check-in Teaching Kitchen: Nourish Bowls Diabetes Education: Exercise for Diabetes Remission Set Your **SMART** Goals Closing

# **Controlling Our Diabetes Destinies**

#### Session 17

Welcome Check-in Full Plate Living: Segment 6 Set Your **SMART** Goals Closing

# Session 18

Welcome Check-in Teaching Kitchen: Cowboy Caviar & Tropical Fruit Salad Diabetes Education Set Your **SMART** Goals Closing

# **Smart Grocery Shopping**

## Session 19

Welcome Check-in Full Plate Living: Segment 7 Set Your **SMART** Goals Closing

#### Session 20

Welcome Check-in Teaching Kitchen: Loaded Veggie Sandwich Diabetes Education: Decoding Food Labels Set Your **SMART** Goals Closing

# Meal Planning, Cooking, and Dining Out

## Session 21

Welcome Check-in Full Plate Living: Segment 8 Set Your **SMART** Goals Closing

# Session 22

Welcome Check-in Teaching Kitchen: Chickpea of the Sea Diabetes Education: Remission Meal Planning and Cooking Strategies Set Your **SMART** Goals Closing

# **Preparing for Your Journey Ahead**

# Session 23

Welcome Check-in Diabetes Education Success Story: 4 Set Your **SMART** Goals Closing

# Session 24

Welcome Check-in Teaching Kitchen: Sweet Potato Black Bean Quesadillas Set Your **SMART** Goals Closing