

More Information and Jumpstart Programs

Program	Duration	Format	Includes	Best For	Website
PCRM 21-Day Kickstart	21 days	Free online & app	Meal plans, grocery lists, videos, community support	Beginners looking for a structured yet flexible start	https://www.pcrm.org/kickstart
Engine 2 Seven-Day Rescue	7 days	Online & book	Strict oil-free meal plan, coaching, support	Those wanting rapid health improvements with clear rules	https://www.plantstrong.com
Forks Over Knives Starter Guide	Self-paced	Free PDF & online courses	Meal planning tips, kitchen strategies, success stories	Those needing practical WFPB transition tips	https://www.forksoverknives.com
Rochester Lifestyle Medicine 15-Day Jumpstart	15 days	Virtual w/ live sessions	Medical supervision, education, meal plans, cooking demos	Those wanting expert-led, medically supervised support	https://www.rochesterlifestylemedicine.org
Ornish Lifestyle Medicine Program	Ongoing	Physician-supervised, in-person	WFPB diet, stress management, fitness, community support	People seeking heart disease or diabetes reversal	https://www.ornish.com
Mastering Diabetes Program	Ongoing	Online coaching & support	Personalized meal plans, blood sugar tracking, community	People with diabetes (Type 1 & Type 2)	https://www.masteringdiabetes.org