

NUTRITION CONNECTS

# INTERNSHIP MENU



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WEEK 1

# WELCOME DRINK

THE SETUP SPARKLER

## THE ORIENTATION FIZZ

*A REFRESHING START TOPPED WITH BUBBLY PURPOSE AND MENTOR ICE CUBES.*

WELCOME WEBINAR: UNDERSTANDING THE CLINICAL DIETITIAN'S ROLE

ICEBREAKER MOCKTAIL: MEET YOUR MENTORS & INTERNS

PERSONAL GOAL CARD WITH MINT LEAF GARNISH

TOOLKIT PLATTER: PES TEMPLATES

DIGITAL VISION BOARD SERVED ON A CREATIVE TRAY

GROUP SETUP SHOT: WHATSAPP + WEEKLY PLANNER DISTRIBUTION



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WEEK 2

# APPETIZER

## CLINICAL CRUNCH BOWL

### FOUNDATIONS OF FLAVOR

*A LIGHT BUT ESSENTIAL BITE INTO THE BASICS OF CLINICAL NUTRITION.*

DIVE INTO THE BASICS OF CLINICAL NUTRITION ASSESSMENT

INTRO TO ASSESSMENT TOOLS: UNDERSTAND INDOOR, OUTDOOR & QUICK FORMS

DATA COLLECTION & ANALYSIS MADE SIMPLE AND INTERACTIVE.

SERVE YOUR FIRST FULL INITIAL NUTRITION ASSESSMENT



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WEEK 3

# MAIN COURSE

OBESITY & METABOLIC SIZZLER

METABOLIC CUTLET WITH ENERGY-ADJUSTED SAUCE

*SERVED HEAVY, WITH A CALORIE DEFICIT AND CASE-STUDY GLAZE.*

DEEP DIVE INTO OBESITY, METABOLIC SYNDROME, INSULIN RESISTANCE

LIVE WORKSHOP: CALORIE CALCULATION, BMI, IBW

CASE STUDY #1

YOUR TASK PLATTER: SOAP NOTE + DIET PLAN + PEER REVIEW



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WEEK 4

# MAIN COURSE

DIABETES PLATE METHOD BOWL

## THE DIABETIC GLYCEMIC GRAIN BOWL

*CAREFULLY PORTIONED WITH CARB-COUNTING CUBES AND LIFESTYLE TOPPINGS.*

SESSION: HYPOGLYCEMIA, HYPERGLYCEMIA, PLATE METHOD

CASE STUDY #2

**YOUR KITCHEN WORK**

7-DAY MENU

EDUCATIONAL INFOGRAPHIC PLATING

FIBER-FILLED FEEDBACK



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WEEK 5

# MAIN COURSE

CARDIOVASCULAR DASH PLATTER

## HEART-HEALTHY DASH SKILLET

*RICH IN OMEGA-3S AND COATED WITH AWARENESS SAUCE.*

EXPLORE: LIPIDS, HYPERTENSION, DASH

ANTI-INFLAMMATORY NUTRITION

CASE STUDY #3

SERVE UP: DASH-BASED PLAN + 1-DAY DIET TRACK + FLYER CREATION



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WEEK 6

# SIDE DISH COMBO

HORMONES & GI BITES

DUAL PLATING: PCOS WRAP & GUT HEALTH TART

*DELICATELY BALANCED FOR WOMEN'S HEALTH AND DIGESTIVE HARMONY.*

## PCOS COURSE

PATHOPHYSIOLOGY + ANTI-INFLAMMATORY NUTRITION

### CASE STUDY #4

MEAL PLANNING + "MYTH VS FACT"

## GI COURSE

IBS, GERD, CONSTIPATION, FIBER & PROBIOTIC AWARENESS

### CASE STUDY #5

SERVE UP: TAILORED PLAN



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WEEK 7

# SAVORY SPREAD

RENAL RISOTTO & CAMPAIGN PLATTER

CKD CASSEROLE WITH PUBLIC AWARENESS DIP

*MILD YET DEEPLY LAYERED, FEATURING PRECISION, CREATIVITY, AND OUTREACH.*

RENAL EDUCATION: CKD STAGES, FLUID BALANCE, LABEL READING

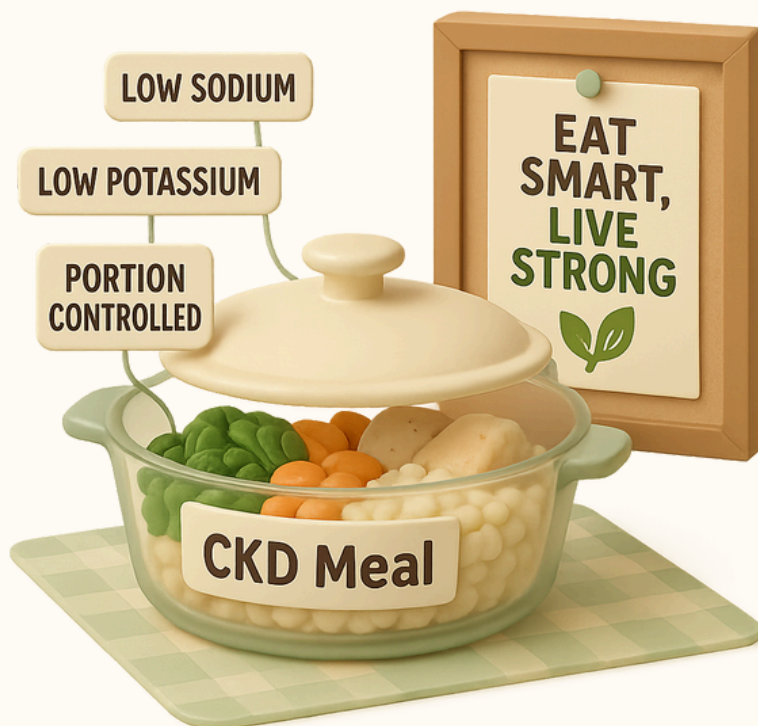
CASE STUDY #6

**YOUR PLATING**

RENAL DIET

GROCERY GUIDE

VISUAL PLATE DESIGN



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WEEK 8

# DESSERT PLATTER

CAREER CHEESECAKE

LINKEDIN CREAM SLICE WITH DUSTING

*RICH, ASPIRATIONAL, AND LAYERED WITH CONFIDENCE.*

RESUME WRITING & PROFILE BUILDING MASTERCLASS

CREATE/POLISH LINKEDIN + PDF PORTFOLIO

START PREPPING YOUR FINAL PERSONALIZED CASE STUDY PROJECT

YOU CHOOSE THE CLINICAL FLAVOR!



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AT NUTRITION CONNECTS, WE DON'T JUST TEACH

**WE PLATE KNOWLEDGE, SERVE  
SKILLS, AND GARNISH YOUR  
GROWTH WITH PURPOSE**

THIS ISN'T ANOTHER ONLINE COURSE, IT'S A FULL EXPERIENCE



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