



Opportunities Working with Mama G
Mama G's Lifestyle Programs
Start your journey to a long, healthy, independent, joyful life!



VIP "High Touch" 12-Week

This program is for clients who need very specific nutrition education, which will address your health concerns, as well as detailed meal planning given your food preferences and time constraints.

Program Benefits Include:

Mama G's Lifestyle Complete Nutrition Game Plan customized to your goals
Six Meal Plans with corresponding shopping lists (bi-weekly)
Initial 1½ hour Introductory Session
Five 45-minute sessions (bi-weekly)
Access to Virtual Recipe Library
Private Chat using "WhatsApp" for daily text support
Weekly Nutrition & Lifestyle Lessons*
Weekly Coaching Sessions*
Access to private Facebook Page for group support**
Weekly Newsletter with new recipes, kitchen hacks, cooking videos and more
Monthly Cook-A-Long



Gina Cousineau

Mama G

As a trained chef, with an extensive education in Nutrition, Gina's goal is to assist people to improve their health by helping them find joy in the kitchen by teaching basic cooking skills, paired with simple planning and shopping techniques.

Using real wholesome food her goal is to bring the family back around the kitchen table, allowing for clients to role model healthy behaviors while improving their health, reaching their goals, and achieving the weight they desire.

Cooking Your Weigh to Health Jumpstart 12-Week

This virtual group program is for those interested in achieving and sustaining their weight goal, while improving their health. They learn to value the daily support, nutrition and lifestyle education Mama G provides each week.

Program Benefits Include:

Mama G's Lifestyle Complete Nutrition Game Plan customized to your goals
Initial 1½ hour Introductory Session
Access to Virtual Recipe Library
Private Chat using "WhatsApp" for daily text support
Group Chat with the Current Jumpstart Group for support
Weekly Nutrition & Lifestyle Lessons*
Weekly Coaching Sessions*
Access to private Facebook Page for group support**
Weekly Newsletter with new recipes, kitchen hacks, cooking videos, and more
Monthly Cook-A-Long

**Recorded for your future reference*

***if you use this interface*



12-Month Lifestyle Membership

Many clients, after completing their 12-week program are interested in continuing their nutrition and lifestyle education with Mama G. The Lifestyle membership, a cost-effective, yearlong extended version of our virtual group program is only available for our VIP and Jumpstart graduates.

Program Benefits Include:

Mama G's Lifestyle Complete Nutrition Game Plan customized to your goals
Access to Virtual Recipe Library
Private Chat using "WhatsApp" for daily text support
Group Chat with Current Jumpstart Group for support
Weekly Nutrition & Lifestyle Lessons*
Weekly Coaching Sessions*
Access to private Facebook Page for group support**
Weekly Newsletter with new recipes, kitchen hacks, cooking videos and more
Monthly Cook-A-Long
One 30-minute Private Session
Discounted Additional Private 50-minute Sessions

**Recorded for your future reference*

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A Taste of Mama G Recipe Club

Many prospective clients are fearful of working with Mama G due to previous weight loss experiences and fear of failing once again. Enter Mama G stage right. Our "recipe club" will allow you to "get to know" Mama G and her food first philosophy.

Program Benefits Include:

Access to more than 200 nutritious and delicious recipes "healthified" by Mama G to provide the perfect plate of yum
Continuing educational LIVE webinars*
Monthly new recipe delivered in a newsletter
Access to private Facebook Page, for motivation and answers to questions from Mama G and her clients**
Recorded monthly random chats with cooking tips and healthy tidbits*
Live monthly Cook a Longs on Zoom*

Mama G wants to put the science and evidence of wholesome food choices on the table and help you not only meet your weight goals but improve your health. Most importantly, this is the opportunity to role model healthy food behaviors for the people you love.

Individual 50-minute Session

Typically offered for existing clients who need to fine tune their existing healthy eating pattern, like one might see a therapist on a as needed basis.

Mama G's Lifestyle
211 Avenida Cordoba
San Clemente, CA 92672

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