

✨ **CGM Program Only—[Save Your Spot](#)**

✨ **CGM Program + 90 Minutes of Private Coaching—[Sign-Up](#)**

Is the Blood Sugar Breakthrough Program right for me?

If you're doing all "the right things" but not seeing the results you want—or you're craving realistic guidance and accountability—this program was built for you.

This 5-week program is a great fit if:

- You feel tired, snacky, or experience brain fog—even when you eat "good"
- You are tired of second-guessing every bite and want a clear roadmap tailored to you
- You experience symptoms of blood sugar imbalance, but have no idea where to start
- You want a sustainable nutrition plan without tracking calories or cutting carbs

By improving blood sugar balance, many members experience less "food noise," better energy and sleep, fewer cravings, and lose weight with less effort.

What's included with the Blood Sugar Breakthrough Program?

This 5-week guided experience uses CGM to help you understand exactly how your body responds to food, movement, stress, and sleep, putting you back in control of your energy and health.

You'll get:

- Simple, step-by-step guidance to set up and navigate CGM (no tech overwhelm)
- Clear guidance to interpret your data without fear or overthinking
- Weekly small-group coaching calls with Kayla
- Direct insight into your patterns—not generic advice
- A supportive community and mobile app for questions and accountability
- Resources and knowledge you'll use long after the program ends

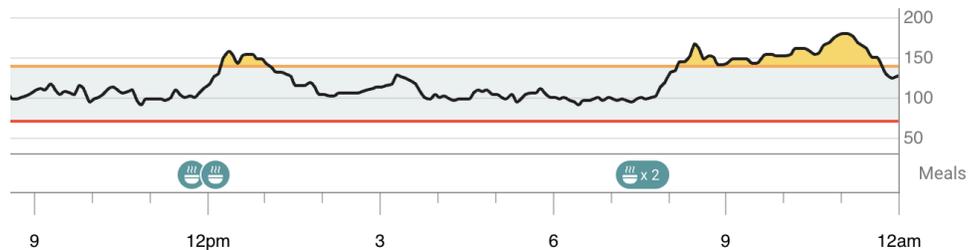
When you understand how your body behaves, progress feels natural—not forced. Clear feedback creates confident decisions, and that's what this program delivers.

What is CGM?

CGM—continuous glucose monitoring—was originally designed to help people with diabetes monitor their blood sugar levels. It allows you to view glucose levels in real time—without the need for finger pricks.

A small sensor is applied to your arm and sends data to an app on your phone, allowing you to monitor trends and see how specific foods, exercise, and stress impact your blood sugar levels.

Whether or not you have diabetes, CGM is a powerful tool for understanding how your body behaves, and the visual data makes habit change more engaging.



The goal isn't perfection or to flat-line your glucose. You'll learn the difference between normal blood sugar trends and red flags to look out for, so you can make confident, informed decisions.

How much are the sensors?

Two sensors are needed to complete the full 5-week experience. You can purchase a [two-pack of Dexcom Stelo sensors for \\$99 on Amazon*](#) or www.stelo.com. Sensors are HSA/FSA eligible.

**Disregard the poor Amazon reviews. Many users are unsure how to interpret CGM data—that's what this program solves!*

Do I need to change my diet before the program starts?

No, and this is what makes the program so powerful. I ask participants to change *nothing* for at least the first week. This way, we can “see” how your usual food choices and habits impact your blood sugar, and get honest baseline data. From there, we'll make targeted changes that create the biggest impact.

Do I have to track calories or macros?

Nope. You'll learn a simple, flexible framework for balancing meals without weighing or tracking every bite. **The goal is food freedom—not more rules.**

You'll use the Dexcom Stelo app to take photos or jot a brief description of your meal. Kayla can view your glucose data alongside your entries, giving you real-time insight and accountability. Most participants find the meal logging very easy—and refreshing—compared to tedious calorie or macro tracking.

When are the live group calls?

The live calls are members' favorite feature of the program! Live events are in-depth discussions on blood sugar-related topics and include time for Q&A. Average call length is 75-90 minutes, depending on the number of user questions.

Weekly group calls are Tuesday evenings at 5 pm PST | 8 pm EST with the following schedule:

-  Tuesday, January 20: Intro to CGM
-  Tuesday, January 27: Interpreting Your CGM Data
-  Tuesday, February 3: Macros Masterclass: Balancing Blood Sugar Without Cutting Carbs
-  Tuesday, February 10: How Lifestyle Impacts Blood Sugar
-  Tuesday, February 17: Wrap-Up: Turning Insights Into Action

Calls are hosted on Zoom. If you can't join live, the replay will be posted within 24 hours.

Does this program include one-on-one support?

Yes—Kayla provides expert guidance throughout the group experience. For deeper personalization, you can [upgrade to include 90 minutes of private coaching](#) if you:

- Want faster clarity on your data
- Have complex blood sugar issues or past bariatric surgery
- Prefer personalized feedback and strategy

Sessions can be used as:

- One 90-minute deep dive, or
- Two 45-minute sessions

Coaching sessions can be scheduled before, during, or after the cohort. After signing up, Kayla will reach out to schedule your first Zoom call.

What if I've used a CGM before? Will this still help me?

Yes. Many members have prior CGM experience but want help interpreting patterns, troubleshooting problem foods, understanding the reasons behind their spikes, or layering lifestyle strategies for deeper metabolic improvements. For example, one member said:

"I had a CGM once before, but without someone helping me understand what I was looking at, the data wasn't very helpful. Kayla's program (and her direct help) have been INVALUABLE for taking the confusion out of CGM data so that I can make real improvements."

How does it work?

Getting started is simple. Here is a quick breakdown of next steps to get you started on the right foot.

1. **Register for Blood Sugar Breakthrough**—Choose [program only](#) (\$349) or [program plus 90 minutes of private coaching](#) (\$599).
2. **Order sensors**—Purchase a two-pack of Dexcom Stelo sensors on [Amazon](#) or [stelo.com](#) (shipping times are similar regardless of where you buy).
3. **Apply sensor**—Follow the simple, guided instructions provided.
4. **Start tracking**—Log meals in the Stelo app and observe your trends.
5. **Join the live calls**—RSVP and join live calls right from the Mighty app.
6. **Apply your insights**—Learn, experiment, and take action with support from the group.

In just five weeks, you'll gain clarity, confidence, and a roadmap to balance your blood sugar—and feel better in your body—for life. And it doesn't have to stop there.

What happens after the program ends?

You'll walk away with all the tools, resources, and confidence you need to continue balancing your blood sugar on your own. For ongoing support, the [Sugar + Strength Academy](#) is the perfect place to keep your momentum going. Inside the Academy, you'll get dietitian chat support, glucose-friendly recipes, weekly coaching prompts, and fun group challenges to help you stay consistent and motivated.

For more questions

Contact Kayla at kayla@nutritionuntapped.com

Testimonials

This is just the tip of the iceberg, but here are some comments from past clients:

Confidence & Clarity

- **I feel more empowered when making food decisions.**
- This class opened my eyes to what I have been doing to my body. The information I learned will keep me going for **a lifetime change!**
- Kayla's CGM Program has been truly transformative. Using **CGM has provided me with invaluable insights** into my body, enabling me to make more informed decisions about my health and daily habits.
- I loved getting the data so I could actually see what was happening in my body.

Support & Community

- I loved being part of a community of **like-minded people** and not just floating out here by myself.
- The support from the cohort—and Kayla's guidance—created an **empowering environment that kept me motivated** and helped me develop a **sustainable mindset** for long-term well-being. I'm incredibly grateful for this experience!
- I liked the live calls where we could ask questions, share experiences, and brainstorm ideas. It was so nice to be in a group with like-minded individuals!
- I loved being able to chat with Kayla and get her insights instead of making my own (inaccurate) deductions. I really liked that **Kayla could see my data!**

Data Without Overwhelm

- **Kayla has been such a rock in my metabolic journey.** She has so much knowledge to share with us all.
- Kayla taught me how to eat and move my body with refined, practical strategies that made logical sense. Before working with her, I lacked a clear foundation in nutrition, movement, and glucose. **Now it all makes sense!**
- Kayla's insights and expertise helped me to implement changes that have positively impacted my health. I learned a lot from Kayla and the data I received from the CGM. Kayla is wise, encouraging, and helpful—plus **lots of fun!**
- I received many useful, realistic ideas—**not just one-size-fits-all advice.**



Ready to stop guessing, gain clarity on how your body behaves, and make sustainable change?

Save your spot—**availability is limited** to ensure a personalized experience.

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