



Nutrition Coaching

(Currently no vegan or competition plans available)

6 Weeks - \$200

8 Weeks - \$300

12 Weeks - \$400

What's Included:

- Supplement Recommendation based off needs and goals
- Macros & Meal "Guide"
- Pre and Post workout meals (if applicable)
- Guidelines and instructions for nutrition
- Cooking Tips

I design your customized meal plan & macros based off the information I gather from the questionnaire you fill out. Each week (Mondays) you have check-ins with me that require photos and weight. These photos are confidential between you and me. I use them to track your progress so I can make the necessary adjustments to your program. All communication is through email. I will be available to you as much as you need!

Meals follow a flexible diet/macros. No restrictions (unless requested) There is a meal plan "guide" to help get you started with understanding your macro needs. The goal of my program is to guide you to be more creative and enjoy food while getting results. I help educate you in not becoming dependent on anyone to be successful! You will learn the right nutrition for your needs/goals and how it works for your body. Most of us eat high calorie foods and not enough nutrient dense foods hence restricting our bodies of what it needs. When we try to add exercise in hope to loose weight or gain muscle, without the proper nutrition you can hurt your metabolism, stop any progress from happening or even cause unwanted weight gain. Plus lacking the proper nutrition can cause vital organs/functions to shut down. Your performance will suffer and we get frustrated and loose all motivation. So proper nutrition is important! My programs help get you what you need while giving you the results you want. Building a healthy relationship with food, while leaving you feeling, energized, motivated, satisfied and most of all accomplished!