



Meal & Training/Coaching

(Currently no vegan or competition plans available)

6 Weeks - \$350

8 Weeks - \$450

12 Weeks - \$550

What's Included:

- Supplement Recommendation based off needs and goals
- Macros & Meal Plan "Guide"
- Pre and Post workout meals
- Cooking Tips
- Guidelines and instructions for nutrition
- 5-6 day detailed training plan based off your goals and needs
- Cardio Schedule

I design your customized meal/macros & training program plan based off the information I collect 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. 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.

For the training, depending on where you currently are (starting out) the program will be based off that and change as you progress. The program can change depending on that progress. Everyone is different and how your body will respond to the program varies. You may have past injuries, current injuries, have had surgeries, mobility or flexibility issues, lack strength, whatever it may be the program will be designed around that as well. So you will be not be expected to do something you cannot do or that would hurt you. The program will also be designed to help you build strength or help you recover from any issues you currently have! The goal of the program is to get you active, get you healthy, help you loose weight, gain muscle, heal you, build endurance, no matter what your goal is its tailored to you specifically! Remember, it can take up to 6 weeks or even longer to start noticing a change, so do not get discouraged, trust the process! The key to success is hard work, consistency, envisioning and believing in your goals!