

Nutrition and GLP-1s Package—for clients thinking about or currently taking GLP-1 medications.

- Are you taking or thinking about taking one of the GLP-1 medications and have concerns about losing muscle or bone mass?
- Do you want to make sure you are getting adequate nutrition for your health, energy and brain power?
- Are you worried about developing gastrointestinal issues like nausea, bloating, constipation or diarrhea?
- If your goals are to improve health and maintain good nutrition while taking a GLP-1, this program is for you!

Coaching Package Topics:

- **Smart grocery shopping** tips to stay on budget without sacrificing nutrition and quality
- **Meal prep strategies** to reduce cooking stress
- **Strategies for fueling** during endurance sport training and events
- How to **schedule meals and snacks** for optimal results
- **Travel food** options for when you are on the go or out of town.

\$610 Investment (30% discount) which includes:

- One 60-minute Virtual **Initial Consultation Session**
- **Five** 30-minute Virtual **follow-up Sessions**
- **Meal tracking support** available through Nourishly
- **Option to add** more sessions

In order to best support clients and hold space for accountability, all sessions must be completed within 12 weeks of Initial Session. Full payment due upon booking of package. No refunds.

Additional Support Offering:

Number of Sessions; Nourishly Included	Must be completed within	Investment
One 30 min follow up	2 weeks	\$120.00 (12% Discount)
Three 30 min follow ups	8 weeks	\$300.00 (30% Discount)