

Nutrition for Sport Package—for elite athletes or people just starting out and want to maximize their athletic and fitness goals.

- Are you an aspiring or elite athlete struggling to reach your nutrition or hydration goals?
- Do you want strategies to manage meal and snack timing with all the other things you juggle?
- Are you looking for strategies to fuel during endurance sport training and events?
- Do you have difficulty recovering after long or intense workouts?
- Are you confused with all the different sports nutrition information available?
- Whether you're looking to refresh your current sports nutrition approach or for new methods to reach your goals, 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.

\$540 Investment (30% discount) which includes:

- One 60-minute Virtual **Initial Consultation Session**
- **Four** 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)