

NUTRITION PLANS

3 Month Plan

****One and six month plans also available****

Red text indicates upgrades

2 Build Plan (\$450 for clients, \$500 for non-clients)

- Total billed up front
- Personalized Macronutrient breakdown (Fat/Carbohydrates/Protein). Macros are based on height, weight, sex, activity level, current training program and individual's goals
- One SINGLE MEAL Example based on individual's macronutrients
- Options for Protein/Carbohydrates and Healthy Fats
- Meal Timing based on individuals' typical day
- Weight Loss 1-1 Coaching Session – 30 Minutes (One Each Month)

2 Overcome Plan (\$850 for clients, \$950 for non-clients)

- \$500 up front, \$300 prior to month 2 (client)
\$550 up front, \$350 prior to month 2 (non-client)
- Personalized Macronutrient breakdown (Fat/Carbohydrates/Protein). Macros are based on height, weight, sex, activity level, current training program and individual's goals
- One Single Meal Plan DAY based on individual's macronutrients
- Meal Timing based on individuals' typical day
- Meal Prep 101 Guide
- Options for Protein/Carbohydrates and Healthy Fats
- Weight Loss 1-1 Coaching Session – 30 Minutes (One Each Month)
- Redcon1 Fat Burning Stack or Muscle Stack (Each Month)
- Supplement Stacking and Timing based on individual's typical day, training program and goals

2B Great Plan (\$1,150 for clients, \$1,325 for non-clients)

- \$500 up front, \$400 prior to month 2, \$200 prior to month 3
\$550 up front, \$400 prior to month 2, \$325 prior to month 3
- Personalized Macronutrient breakdown (Fat/Carbohydrates/Protein). Macros are based on height, weight, sex, activity level, current training program and individual's goals
- **Five FULL DAY Meal Plan based on individual's macronutrients**
- Meal Timing based on individuals' typical day
- Meal Prep 101 Guide
- **Healthy Food Guide**
- Weight Loss 1-1 Coaching Session – 30 Minutes **(Two Each Month)**
- Redcon1 Fat Burning Stack or Muscle Stack (Each Month)
- **Meal Replacement Protein Powder (Each Month)**
- **Recovery Supplement (Each Month)**
- Supplement Stacking and Timing based on individual's typical day, training program and goals

