

Feeling confident in the gym but need some accountability with your nutrition?

One of my Nutrition Only plans would be perfect for you. I offer one time macro setting as well as monthly plans that include weekly check ins, calorie/macro adjustments as your body composition changes, and general support. See plans below:

One Time Macro Setting - \$30

I will take your current stats and set your calories/macros for you based on your goal. I will also give you sample foods for each macronutrient based on your likes/dislikes. This is a one-time only plan. If you would like your macros updated, you would either need to repeat the one-time macro setting plan or sign up for a monthly plan.

Monthly Nutrition Support - \$50/month

With this monthly nutrition only plan, I will use your current stats to set your calories/macros and provide you with sample foods to help you meet your macros based on the foods that you enjoy. You will update a nutrition tracker each day, progress photos each week, and we will work together every two weeks to see if we need to change your numbers. Throughout the month I will keep an eye on your nutrition tracker and I am available to answer questions, give suggestions, help with recipes and meal prep, and support you.

- ✓ All payments are made via Venmo.
- ✓ One Time Macro Setting plans will be sent via e-mail within 5 days of receiving payment unless otherwise noted.
- ✓ Monthly Nutrition Support plans will be billed at the start of each month (via Venmo) and are due within 3 days of billing.
- ✓ If starting a monthly plan after the first of the month, the first month is prorated.
- ✓ 14 day notice is required via e-mail or text when canceling a monthly plan. If cancelation is received less than 14 days before the start of a new month, you will be billed and have nutrition services until the end of that new month.