

Nutrition + Body Tracking

8 weeks

We do a Deep Dive call (audio or video - whichever you prefer) and assess your current goals along with body composition, food allergies, food preferences and how much time you have to prep the food (zero time is okay). I'll also answer any questions you have. Then I'll set you up with **your own private login to my training app** where you can log your food, upload progress photos of your current physique, track your body weight and/or measurements. Even connect myfitnesspal app, with it if you like.

From our talk we can determine how many Calories per day will fit your current body fat percentage and body shape (ectomorph, mesomorph, endomorph). I will also calculate your daily macronutrient needs (proteins, carbs, and fats).

Nutrition: I will create you a Meal Plan, that we will make adjustments to as necessary. I will send you links where to buy the food, everything will be very easy to get at a single store near you or order online. Meal Plans will include foods and meal types specifically requested by you. Pictures and instructions for everything needed. Very user friendly ways to navigate through plans and aesthetically pleasing (easy to read) After we speak and I answer any questions you have, you will have different meals. We will do Specific Meal Plan/Nutrition Calls so you understand exactly what your options are and see how flexible it can truly be. If you want to track your food (calories, macros other nutrients) that is an option, integrated into my app, as well.

BONUS CONTENT: You will get additional PDFs in your training app account with calorie guides to many popular restaurants and popular fast food chains. Plus instructional videos on how to measure your body on your own. And more!