

Individuals

Race Day Nutrition Plan – \$100

Be ready for race day with an individualized nutrition and hydration plan. The recommended amounts of fluids and food (as appropriate) to power your performance will be given.

(sprint, olympic, half, ironman, or running distances, etc.,)

Metabolic Efficiency Nutrition Plan - \$150

Bring your RMR/metabolic evaluation and an individualized nutrition plan will be created at this nutrition appointment.

- RMR Test Interpretation
- Nutrition Assessment
- Eating Plan to Match Metabolic Needs

Nutrition Check Up – \$175

Get your current eating plan evaluated and updated to match your workouts. The Nutrition Check Up includes one nutrition consultation and an email.

- Nutrition Assessment
- Customized Meal Plan to Match Workouts
- Nutrition/Food Guide
- Sweat Rate Calculation
- Copy of “Calorie, Carbohydrate and Fat Gram Counter”

60 Day Mobile Ready Menu Plan - \$350/month

Get a weekly customized nutrition plan on your smart phone. A nutrition plan will be matched to your training and workouts.

- Nutrition Assessment
- Mobile Ready Customized Meal Plans to Match Weekly Workouts
- Healthy, Low Fat Recipes
- Sweat Rate Calculation
- Weekly Email/Text Communications

Training Partners (TP)

If you and your training partner want customized nutrition plans, the Training Partners Nutrition Plans are the best choice for both of you. Have fun and support each other’s nutrition goals by signing up for the Training Partners Nutrition Plans.

TP - Race Day Nutrition Plan – \$175

Be ready for race day with an individualized nutrition and hydration plan. The recommended amounts of fluids and food (as appropriate) to power your performance will be given.

(sprint, olympic, half, ironman, or running distances, etc.,)

TP - Metabolic Efficiency Nutrition Plan - \$275

Bring your RMR/metabolic evaluation and an individualized nutrition plan will be created at this nutrition appointment.

- RMR Test Interpretation
- Nutrition Assessment
- Eating Plan to Match Metabolic Needs

TP -Nutrition Check Up – \$300

Get your current eating plan evaluated and updated to match your workouts. The Nutrition Check Up includes one nutrition consultation and an email.

- Nutrition Assessment
- Customized Meal Plan to Match Workouts
- Nutrition/Food Guide
- Sweat Rate Calculation
- Copy of “Calorie, Carbohydrate and Fat Gram Counter”

TP - 60 Day Mobile Ready Menu Plan - \$650/month

Get a weekly customized nutrition plan on your smart phone. A nutrition plan will be matched to your training and workouts.

- Nutrition Assessment
- Mobile Ready Customized Meal Plan to Match Weekly Workouts
- Healthy, Low Fat Recipes
- Sweat Rate Calculation
- Weekly Email/Text Communications