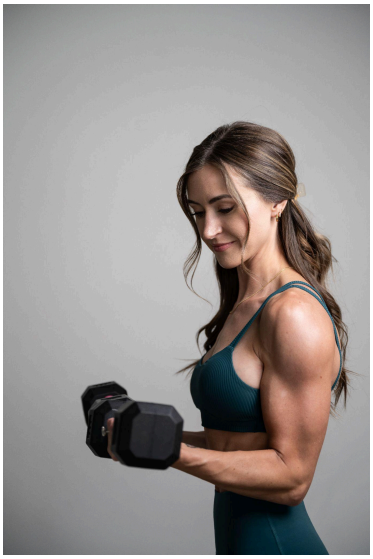

SHALLAN FIT

NUTRITION & TRAINING

From Mom Chaos→Comeback Queen

Moms, I know how exhausting it can feel to put everyone else first while your energy, strength, and confidence slip away. That's why I created MomFit — to give you a clear, realistic roadmap to reclaim your body, gain muscle, lose body fat, and boost your energy. Whether you want simple nutrition guidance that actually fits your life, structured coaching to build habits that stick, or a full training and nutrition plan for a total transformation, I'll provide the tools, accountability, and support you need to finally get results — without tracking every bite, spending hours in the gym, or feeling overwhelmed.

1️⃣ MomFit Spark – $179 one-time

Perfect for: Busy moms who want clear nutrition guidance without tracking calories or spending hours planning meals.

Includes:

- Personalized flexible eating plan emailed to you
- 4–6 meal & snack options tailored to your goals
- 15-min consult to answer questions

Results: Fast-track progress using foods you already eat, see **muscle gain & lose body fat!**

2️⃣ MomFit Momentum – Most Popular – $329/month (3-month minimum)

Perfect for: Moms ready to take results to the next level with guided nutrition coaching.

Includes:

- Biweekly 30-min coaching calls
- Text support & accountability
- MyFitnessPal review & guidance

Results: 1–2 lb body fat loss per week, significant **strength increases**, confidence at the gym, and **sustainable habits** you can keep for life.

3️⃣ MomFit Elite – $697/month (3-month minimum)

Perfect for: Moms who want full support with personal training + nutrition for the fastest results.

Includes:

- Weekly coaching calls
- 24/7 support via text
- Personalized training program with form videos & corrections
- Guided nutrition plan

Results: Lose fat, gain strength, improve performance,, and feel confident both in & out of the gym — **full transformation support!**

Ready to Start your Comeback?

Click Here to schedule a 15-minute Goal Chat Call to see which program is right for you!



Or, if you know you're ready- click here to fill out your intake form here!

If you'd like a Flexible Eating Plan, get started by filling out this questionnaire!