

Nutrition Only

Pricing:

- \$50 per week for 8 weeks (\$400 total).
- **Upfront Discount:** Save \$50 when you pay \$350 upfront.

What's Included:

✓ **Flexible Meal Plans:** Receive two new meal plans every fortnight to suit your preferences, allowing you to alternate between them daily or weekly.

✓ **Custom Nutrition Targets:** Tailored calorie and macro breakdowns, including specific protein goals, with adjustments based on your progress.

✓ **Weekly Check-ins:** Monitor your progress with photos, measurements, and detailed feedback to keep you on track.

✓ **24/7 App Support:** Instant advice for dining out, meal planning, or overcoming challenges to help you stay consistent.

✓ **Daily Habit Tracking:** Stay accountable with specific targets for steps, water intake, sleep, and mindfulness.

What You'll Need:



Food scales to measure portions.



A scale to track your weight.



Measuring tape for body measurements.



A phone or camera for progress photos.

[Sign Up for Nutrition Coaching](#)

Training and Nutrition Coaching

Pricing:

- \$70 per week for 8 weeks (\$560 total).
- **Upfront Discount:** Save \$60 when you pay \$500 upfront.

What's Included:

✓ **Flexible Meal Plans:** Receive two new meal plans every fortnight to suit your preferences, allowing you to alternate between them daily or weekly.

✓ **Custom Nutrition Targets:** Tailored calorie and macro breakdowns, including specific protein goals, with adjustments based on your progress.

✓ **Form Analysis via Video:** Personalized feedback to improve your technique and maximize results.

✓ **Customized Training Program:** Designed for home or gym workouts, updated every 4 weeks or as needed.

✓ **Weekly Check-ins:** Monitor your progress with photos, measurements, and detailed feedback to keep you on track.

✓ **24/7 App Support:** Instant advice for dining out, meal planning, or overcoming challenges to help you stay consistent.

✓ **Daily Habit Tracking:** Stay accountable with specific targets for steps, water intake, sleep, and mindfulness.

What You'll Need:



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A phone or camera for progress photos.

[Sign Up for Training + Nutrition Coaching](#)

Online Coaching + Mentoring

Pricing:

- **\$100 per week** for 8 weeks (total: \$800).
- **Upfront Payment Discount:** Save \$100 when you pay **\$700** upfront.

What's Included:

✓ **1:1 Weekly Coaching Calls:** Personalized, one-on-one sessions to explore your challenges, goals, and personal growth journey.

✓ **Tailored Focus Areas:** Together, we'll address key areas such as:

- **Building Confidence and Self-Worth:** Develop the mindset to overcome self-doubt and feel empowered.
- **Strengthening Relationships and Communication:** Create deeper emotional connections and improve how you express yourself.
- **Clarifying Life Purpose:** Discover your passions and align them with your goals for a fulfilling life.
- **Navigating Personal Growth:** Embrace change, build resilience, and unlock your full potential.

✓ **Actionable Strategies:** Receive customized steps and practical tools to implement between sessions.

✓ **Support Between Sessions:** Access to ongoing guidance via messaging for quick questions or additional motivation.

What You'll Gain:

- ☀ Increased confidence and self-worth.
- ☀ Deeper, more meaningful relationships.
- ☀ A clearer sense of purpose and direction.
- ☀ Practical tools to navigate challenges and achieve growth.

What You'll Need:



A device with internet access for online calls.



A notebook for journaling and action planning.



An open mind, ready to embrace growth and change.

[Book A Free 30-Minute Call](#)

