

Nutrition Coaching!

Description

Welcome to CrossFit For Glory's Nutrition Coaching Program!

Our Nutrition Coaching Program at CrossFit For Glory is designed to provide individuals with an easy, science-based approach to nutrition and wellness, using simple strategies to create positive change without the stress of "dieting". Over the last several years, we have researched and filtered through an abundance of information regarding nutrition and have produced realistic results with the methods that we use. Let us help you sort fact from fiction and get you started on your path to health and wellness. We can do this together!

Base of the pyramid...must be important!
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Starter Nutrition Package – \$79

Think of this as 'Nutrition 101' – it is intended for individuals who just want an easy, general outline of what to eat that will produce great results. This package is designed to teach general nutrition, providing a simple approach to understanding how different elements, like macro- and micro-nutrients, play a vital role in meeting individual goals. If desired, we can also recommend macronutrient numbers for you to follow and give a "how to use" tutorial of MyFitnessPal. This package will also include an easy-to-understand infographic of what to eat depending on your personal goals and a week of sample meal plans.

*Includes: a 60 minute consultation, body fat calculation, printed information packet, one week of sample meal plans.

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Customized Nutrition Package – \$199 , 4 Week Program

This 4 week nutrition package is intended for individuals who want a more specific plan to target their goals: weight loss, weight gain, or to improve performance in their sport. This program offers clients the opportunity to receive an individualized plan, based on body fat calculations and lean body mass, tailored specifically to the needs of the individual. It includes a pre- and post- consultation to assess goals and follow-up success.

*Includes: (60) minute initial consultation, body fat calculation, printed information packet, four weeks of sample meal plans and grocery list, body measurement evaluation, goal setting, individualized nutrition plan, food log review and professional feedback during the 4 week program, follow up (30) minute end of program consultation, including body fat and measurements.

Deluxe Customized Nutrition Package – \$399, 6 Week Program

This 6 week nutrition package is intended for individuals who want a more specific plan to target their goals, but also feel they need additional accountability and the support of a caring professional throughout their transformation. This program offers clients the opportunity to receive an individualized plan, based on body fat calculations and lean body mass, tailored specifically to the needs of the individual, but includes opportunities to check in with a nutrition coach for weekly 15 minute consultations to review progress, half-way point measurements, and more.

*Includes: (60) minute initial consultation, body fat calculation, printed information packet, four weeks of sample meal plans and grocery list, goal setting, Individualized Nutrition Plan, Food log review and professional feedback during the 6 week program, follow up (30) minute end of program consultation, including body fat and measurements(6) 15 minute one on one consultation each week of the program for continued support.

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Simple Macro Programming – \$35

This is our bare bones nutrition offering for individuals who have a basic understanding to eat according to their macronutrient guidelines. We will sit down for a 20min consultation and create macronutrient recommendations for you to follow that are specific to your individual goals. These numbers are not cookie-cutter but rather are established based upon your current weight and body-fat levels, your activity level, your daily activity outside of the gym, and other lifestyle factors.

*Includes: (20) minute consultation, body fat calculation, macronutrient guidelines
[macros](#)

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(All fees to be paid up front, no refunds issued once services have been rendered. In the case of nutrition, services rendered is when consultation has taken place and information packet, where appropriate, is received by client.)

Date Created

09/03/2015