



4 WEEKS OUT

Fuel for your competition.

Eat like an athlete.

A 4-week crash course in nailing day-to-day and game day nutrition for high-level competitors.

CONTENTS

1

Calories & macros for you
Energy availability and body composition
Supplements to start taking right now

2

Nutrient timing (when to eat what)
Structuring your meals
Planning, tracking and executing your nutrition plan

3

Navigating busy schedules with performance nutrition
The athlete's lifestyle
Nutrition around the menstrual cycle

4

Putting it all together
Game day nutrition
Managing a post-comp slump

DELIVERY

WEEKLY TOPIC

Topic of the week to cover our focus for the week and how to nail that component of performance nutrition.

Q&A

A time to catch up on individual questions from the group or common problems to solve together.

CHECK-IN

Your opportunity to tell me how you're going, stay accountable, and ask anything specific to you.

FEEDBACK VIDEO

My response to your check in, via personalized video, answering your questions and providing guidance.