

THE NUTRI GUIDE

NOT another diet plan.
Giving you the knowledge to
make better food choices.



HELPING YOU TO REACH YOUR PEAK

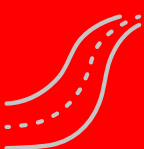
"Nutrition can be so confusing. We are bombarded on social media with conflicting advice, our food trackers tell us to restrict ourselves and in general we receive very little education on food & diet.

With the help of my Nutri Guide, I want to be able to teach you how to make better choices on your own, so that you don't have to constantly fork out money on redundant meal plans that limit your choices & freedom."



WEEKLY RECIPES

Receive a wealth of recipe & snack suggestions, specific to your preferences & goals. You'll never run out of ideas on what to eat!



GRADUAL CHANGES

As it's often said, "it's a lifestyle, not a diet". We will gradually implement changes to make it as easy as possible for you to succeed.



CHECK INS & GOAL SETTING

Check in with me each week to discuss your progress - what you are doing well & what you need to focus on to help you reach your goals.



TAILORED TO YOU

I will advise you on how many calories to consume, & how much protein, fat & carbs to eat daily in order to see the results that you want.

