

Nutrition & Meal Plan Rates

MACRONUTRIENT PLAN CONSULTATION INCLUDES:

- 1 Hour meeting {in person, online, or smart phone}
- Explain what macronutrients, micronutrients are
- Review of diet history.
- Create customized macros {PROTEIN / CARBS / FAT} that fit your goals.
- Learn how to use the app FAT SECRET, that will track all your meals.
- Go over a meal schedule that fits your daily routine.
- Supplement Recommendations

Initial \$125
All Adjustments \$30

COMPLETE MEAL PLAN WITH MACRONUTRIENT

- *SEE ABOVE
- In addition, create a full meal plan to follow each day.
- Exact measurement of food to weigh.
- 3 meal options based off of workout days and non workout days.

Initial \$200
All Adjustments \$30

AMP FITNESS

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