



# TAILORED NUTRITION COACHING

## *Lasting Results*

Fuelled By Macros online coaching is designed for men and women who want a bespoke, individualized approach to reaching their health and sporting performance goals.

I educate average individuals in advanced strategies, to achieve above average results (that can be sustained for life).



# REMOTE, READY, RESULTS DRIVEN

## How it Works

### 1. Contact Me For An Initial Assessment

Use the online contact form to get in touch. I will email you a brief initial consultation questionnaire that will give me an insight into your current health status, exercise and training routine, dietary habits, medical conditions and injuries, plus your goals.

### 2. Personalized Strategy Meeting

Once payment has been made, a 45 minute video meeting will be arranged. I will listen to your concerns and together we can identify the best way to reach your goals. This is a chance to discuss everything in further detail and I will begin to map out your individualized strategy, putting practical lifestyle application to nutrition science that works.

### 3. Bespoke Nutrition Plan

Following the strategy meeting you will receive a link to your very own Google Drive folder containing a nutrition plan that fits you and your lifestyle. We will be using a flexible dieting approach, whilst relying on science to deliver the health, performance and body composition results you desire. As this plan is bespoke, it may include meal frequency, nutrient timing, training nutrition, competition strategies, refeeds and diet breaks, supplementation and micro nutrient inclusions. Usually (but not always) the process will require some calorie and/or macro-nutrient tracking with a free app such as MyFitnessPal. This is not only part of the educational process, it gives us data to work with, understanding your habits and learning what foods work for you. It can also provide accountability, helping you to stay on track until beneficial nutrition habits are formed.

### 4. Support & Accountability

This is the glue that holds strategies together. In Google Drive, you will be required to fill out a spreadsheet that feeds back to me your daily progress over the week. You can also upload progress photos and body measurements. Following a video consultation (up to 45 minutes) I will assess all the data and submit any adjusted recommendations for the following week. This will ensure your program is just right for you and continually progressing in the right direction.

24/7 support via WhatsApp messenger provides full time support and motivation when you need it the most. Life happens! Whether you injure yourself, get an impromptu party invitation or you just need a voice of reason, I'm contactable for real-time assistance when you need it the most. You are never alone in this process.

Clients can also connect through an exclusive Facebook group, providing a community hub for support, encouragement and recipe sharing.

*This bespoke coaching service is £150 per 4 weeks, a minimum of 8 weeks required.*

**FUELLED**  
**BY**  
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*Details correct as of 10.12.2020*