

Sports Nutrition 12 Week Programme – what you get

Personalised Nutritional Assessment for Performance

Comprehensive health and fitness evaluation. This is a detailed review of your health history, dietary habits, fitness level, training schedule and performance goals.

Dietary Intake Assessment – Evaluate current micronutrients and macronutrients to identify any deficiencies or imbalances that need to be addressed.

Personalised Dietary programme for Performance

- Addressing specific sports needs to create meals that support your training schedule, recovery and goals.
- Pre and post workout nutrition – Optimising meals and snacks to support energy production before exercise and enhance muscle recovery after workouts.
- Timed Nutrition Plans – Adjusting macronutrient ratios and calorie intake to enhance different training phases.
- Female Athlete Nutrition – Nutrition plans uniquely tailored to support female athletes and active women through all stages of hormonal changes including menstruation, pregnancy, perimenopause and menopause.

Supplementation Plan

A personalised supplementation plan based on your individual needs when necessary and appropriate, using only high quality, science backed products that are safe and effective.

Nutritional Education and Coaching

- One to one coaching sessions – weekly check-in phone calls to discuss your progress or challenges, adjust recommendations if needed and to answer any questions you may have.
- Building your understanding of food labels, meal preparation, balanced meals and macronutrients & micronutrients.

Support all body systems

Implement holistic health and wellbeing by nurturing all of the systems of the body including detoxification pathways, energy production, hormonal balancing, gut health and mental wellbeing.

Lifestyle Coaching for Performance

Supporting you to create a lifestyle plan that promotes holistic wellbeing and long-term health. These include – stress management, sleep support and self-care focusing on rest and recovery.

Also:

Nutritional Deficiency Screening

Detailed assessment of nutrient intake and possible deficiencies using professional dietary analysis software, or more detailed screening through laboratory testing.

Meal Planning

Personalised meal plan based on your unique goals, preferences and nutritional needs.

- 3 One to one consultations
- 9 Weekly check in phone calls
- A report outlining your symptoms, nutrient deficiencies and how to address them
- Full recommendation protocol including dietary, supplementation and lifestyle
- Recipe ideas suitable for you and your protocol
- Guidance, coaching & support throughout

Optional Extras:

- Nutritics Report
- Functional laboratory testing
- Custom Meal Planning.