



# Nutritional Programs for Elite Athletes

Are you building the foundation for your athlete to reach his or her full potential?  
**It all starts with proper NUTRITION!**

## "Game Day Nutrition"

**1 Hour Nutritional Program**  
taught by a Certified Sports Nutritionist



**GAME DAY NUTRITION**

- **1 Hour In-Person Team Nutrition Session**
- **Each Player Receives "Game Day Nutrition" e-book which covers the following topics:**
  - Game Day Preparation
  - Quality Hydration
  - Game Day Meal Schedule 4-2-1-0
  - Performance Plate
  - Game Day Nutrition
  - Game Day Snack Box
- **Sample Recipes**
- **Q & A Session**

## "The Foundation"

**3 Hour Nutritional Program**  
taught by a Certified Sports Nutritionist



**The FOUNDATION**

- **1 Virtual Introduction Nutrition Session**
- **1-on-1 In-Home Nutrition Session (3 Hours)**
- **A Deeper Dive into of "Game Day" Preparation**
  - Quality Hydration
  - Game Day Meal Schedule 4-2-1-0
  - Performance Plate
  - Game Day Nutrition
  - Game Day Snack Box
- **The "Foundations" e-book**
  - Macronutrients
  - Nutrition Labels
  - Processed Foods
  - Snacks vs Treats
- **Food Journal**
- **Personalized Nutrition Goals**
- **Sample Recipes**
- **1 Month Follow Up Session with Nutrition Coach**

## "The Elite Athlete"

**6 week Nutritional Program**  
taught by a Certified Sports Nutritionist



**The ELITE ATHLETE**

- **1 Virtual Introduction Nutrition Session**
- **3 In-Home Nutrition Session (2 hours each)**
- **3 Virtual Nutrition Counseling Sessions (45 minutes each)**
- **The "Elite Athlete" e-book**
  - Understanding Macronutrients to Fuel Your Body
  - Calculating Caloric Needs
  - Impact of Food Quality
  - Advanced Performance Plate
  - Start Your Day off Ahead of Your Competition
  - Sugar: Is it giving you energy or slowing you down?
  - Hydration
  - Sleep
  - Goals
- **Weekly Personalized Nutrition Goals**
- **Quick Meal Guide w/ Macros**
- **High Quality & Youth Athlete Approved Recipes**
- **Customized Nutrition Plan**
- **3 Month Follow Up Session with Nutrition Coach**

To Sign Up or Get More Information Contact Kristie at

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