

2023 PROGRAMS

THE FOUNDATION



- Customized macro (carb, protein, fat) ranges for sport & growth nutritional needs
- Interactive focus on 4 elements of foundation: nutrition, hydration, sleep, & stress management
- 1 customized activity-based meal/snack guide levels of activity
- 6 weekly menu + recipes + grocery lists
- 6 week supplemental video training
- 6 weekly accountability check-ins
- 6 week access to certified sports nutritionist for questions, schedule challenges, changes
- downloadable checklists & guides
- ebook Fuel Their Game

\$347

THE CHAMPION METHOD



- Customized macro (carb, protein, fat) ranges for sport & growth nutritional needs
- Interactive focus on 4 elements of foundation: nutrition, hydration, sleep, & stress management
- 3 customized activity-based meal/snack guides supporting various levels of activity
- 6 weekly menu + recipes + grocery lists
- 6 week supplemental video training
- 10 weekly accountability check-ins focused on strengthening all 4 pillars
- 10 week access to certified sports nutritionist for questions, schedule challenges, changes
- downloadable checklists & guides downloadable checklists & guides to confidently fuel at home, school, and on the road
- ebook Fuel Their Game
- bonus; 21 day Rock Your Game Challenge
- bonus; 90 day Student-Athlete Planner

\$597

#FuelYourGame