



How the Plans work

Drop me an email letting me know which package you would like and I will send you the relevant form

Once I receive the required information from you I will calculate your calorie goal and macro nutrient targets and supply you with recipes that help you to hit these targets. I will also advise on any supplements that I think you should consider (if applicable)

You will need to track your calories and macros every day, an option for this is to download the free app 'myfitnesspal'. I also send you a spreadsheet so that you can note down your daily macros, bodyweight and some lifestyle/habit monitoring topics

This plan is very flexible and allows you to eat whatever you want as long as it fits in with your calorie and macronutrient goal. No foods or food groups are off limits, it is all about moderation and sustainability

See the next pages for the different packages and Prices

Shannon's Nutrition Coaching



www.shannonsnutrition.com



Gold Package

What is included...

Weekly Check in

- Personalised calorie & macro plan sent on a weekly basis
- Recipe ideas and supplement advice
- Weekly Check in via email for a progress review with new goal setting and macro/calorie changes as needed
- Both macro and lifestyle/habit coaching
- Progress picture and body measurement monitoring to compare changes (it is not just about the number on the scales)
- Help sheets for how to track macros and eat for your goals
- Details on meal timing, refeeds, carb cycling, diet breaks and reverse dieting as needed
- Competition day prep/plans/waterload advice (if applicable)
- 7 day per week support for any questions outside of the weekly check in
- New recipe pack with new recipe ideas to try sent every month

Access to private client Facebook group where you will find discussion topics, recipe ideas, help with meal planning, various info sheets and the option to communicate with other clients on similar plans. As well as some competitions to help with motivation.

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Package Prices
£60 for 4 weeks
£150 for 12 weeks
£290 for 26 weeks
£520 for 52 weeks



Silver Package

Monthly Check in

What is included...

- Personalised calorie & macro plan (4 weeks sent at a time)
- Recipe ideas and supplement advice
- Monthly Check in via email for a progress review with new goal setting and macro/calorie changes as needed
- Both macro and lifestyle/habit coaching
- Progress picture and body measurement monitoring to compare changes (it is not just about the number on the scales)
- Competition day prep/plans/waterload advice (if applicable)
- Help sheets for how to track macros and eat for your goals
- Details on meal timing, refeeds, carb cycling, diet breaks and reverse dieting as needed

Access to private client Facebook group where you will find discussion topics, recipe ideas, help with meal planning, various info sheets and the option to communicate with other clients on similar plans. As well as some competitions to help with motivation.

If you like this plan but would like more accountability then you can upgrade to the Gold package if there is a slot available or put your name down to be on the waiting list for a slot

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Package Prices
£40 for 4 weeks
£100 for 12 weeks
£200 for 26 weeks



Bronze Package

No Check in - DIY Plan

What is included...

- Personalised calorie & macro plan (12 weeks sent in full)
- Recipe ideas and supplement advice
- Help sheets for how to track macros and eat for your goals
- Details on meal timing, refeeds, carb cycling, and reverse dieting as needed

Access to private client Facebook group where you will find discussion topics, recipe ideas, help with meal planning, various info sheets and the option to communicate with other clients on similar plans. As well as some competitions to help with motivation.

This plan does not include any check in's with me, I give you the data for the full 12 weeks and you do this at your own pace

If you like this plan but would like more accountability then you can upgrade to the Silver or Gold packages if there is a slot available or put your name down to be on the waiting list for a slot

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**Package Price
£80 for 12 weeks**



Nutrition & Training plan

If you would like to add a training plan to your nutrition plan then please see the prices below for the combined nutrition & training plan

- **Gold package - Nutrition plan as described and a tailored training plan with weekly updates and weekly video analysis**
 - £120 for 4 weeks
 - £300 for 12 weeks
 - £580 for 26 weeks
 - £1,000 for 52 weeks
- **Silver package - Nutrition plan as described and a tailored training plan with Monthly updates and Monthly video analysis**
 - £80 for 4 weeks
 - £200 for 12 weeks
 - £400 for 26 weeks
- **Bronze package - Nutrition plan as described and a tailored training plan (no check ins or video analysis)**
 - £160 for 12 weeks

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No Macro tracking Plan

Currently this plan is only available for meat eaters -
No Vegetarian or Vegan option available yet

Don't wish to track your macros and just want recipes to follow?

- The plan is tailored to your goals, it is calorie based but you don't need to worry about that, I plan your meals based on the calories you need to reach your goals
- Options to create your own meals if you wish to
- Over 35 meals to choose from in each monthly block - Breakfast, Main meals, Pre-workout, Post-workout, Snacks
- The plan is set into 3 one month blocks with new meals on a monthly basis, to give more variety
- Monthly Check in with me to monitor progress and keep accountable

Access to private client Facebook group where you will find discussion topics, recipe ideas, help with meal planning, various info sheet and the option to communicate with other clients on similar plans. As well as some competitions to help with motivation

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Package Price
£120 for 12 weeks



Compare Nutrition Plans

| | Gold Package | Silver Package | Bronze Package | No macro tracking |
|----------------------------|--------------|----------------|----------------|-------------------|
| Macro tracking | ✓ | ✓ | ✓ | |
| Weekly Check in | ✓ | | | |
| Monthly Check in | ✓ | ✓ | | ✓ |
| Recipe Ideas | ✓ | ✓ | ✓ | ✓ |
| New monthly Recipe Ideas | ✓ | | | ✓ |
| Supplement Advice | ✓ | ✓ | ✓ | ✓ |
| Lifestyle & Habit Coaching | ✓ | ✓ | ✓ | |
| Access to facebook group | ✓ | ✓ | ✓ | ✓ |
| 4 week price | £60 | £40 | | |
| 12 week price | £150 | £100 | £80 | £120 |
| 26 week price | £290 | £200 | | |

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Contact me

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