How the Plans work



I offer plans to cover all budgets and needs

The two main types I offer are:

Macro Tracking Plans - The flexible diet where you can eat whatever you like as long as you can fit it within the goals that I set, but all food must be weighed and logged and you will need to use the myfitnesspal or a calorie counting app to do so.

Premium Set Meal Plans - No need to track your calories, you will be given a variety of meal options to choose from based on your own personal likes and dislikes, however there is less flexibility with this plan. I still provide calories information too so that you can have the odd day 'off plan' but still hit your calorie goals.

See the next pages for the different packages and Prices

Shannon's Nutrition Coaching



Www.shannonsnutrition.com

Macro Tracking Plans

See the next pages for the different packages and Prices

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

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Package Prices

£65 for 4 weeks
£180 for 12 weeks
£370 for 26 weeks
£700 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
- ***One 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



This plan is only ideal for those who don't need much accountability. For competitive athletes I recommend a weekly check in so that the plan can be fully tailored to your goals and training.

Package Prices
£40 for 4 weeks
£110 for 12 weeks

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Premium Set Meal Plans

See the next pages for the different packages and Prices

Premium Foodie

No Vegan option available, sorry.

What is included…

- THE ULTIMATE PLAN GIVING YOU ALL THE TOOLS YOU NEED!
- Calories and macros set based on your goals but you do not need to track them, I will do this for you. Each week I will give a list of recipes to choose from for each meal type and I will note the macros of every meal and every ingredient in that meal so that you can learn about the nutritional breakdown of your food.
- You can request your favourite meals, this is not a basic 'chicken, rice and broccoli' meal plan, this is proper recipes that are tasty and make a sustainable diet. I give some basic options too for ease but there are plenty of 'real' recipes to choose from.
- ***Weekly*** Check in via email for a progress review with new goal setting , with new recipes added each week.
- Lifestyle/habit monitoring/coaching
- Progress picture and body measurement monitoring to compare changes (it is not just about the number on the scales)
- 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

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.



Package Prices
£135 for 4 weeks
£376 for 12 weeks
£750 for 26 weeks

Premium Convenience

What is included…

No Vegan option available, sorry.

- This is the same style of plan as the premium Foodie plan on the previous page however this is aimed at people who just see food as fuel and don't particularly love cooking. The recipes can be kept simple and don't require much cooking time or skill, but we can still make them tasty.
- New recipes can be added monthly but you cannot request them on a weekly basis (choose premium foodie for this).
- The plan is still fully tailored and you will be given a variety of recipes that will last you for the full month.



Package Prices
£100 for 4 weeks
£270 for 12 weeks

No Macro tracking Plan

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



DIY Plan – Slightly more generic than the tailored premium plans but still gets results!

- This is a 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 however your daily calories and macros are not noted down or the breakdown of each recipes nutritional info is not given either (look at the premium plans for this)
- 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
- There is no check in with this plan, it is a DIY plan.
- Not really ideal for competitive athletes as you will need something more tailored to your training. Not ideal for those who feel they need accountability.

Access to private client Facebook group

Package Price
£120 for 12 weeks

Training Plans

Do you want to be coached by a Worlds strongest woman winner and 3x England's strongest woman? One of the strongest lightweight athletes to walk the planet and has over 10 years of training and coaching experience.



If you would like a training plan the fee is £80 every 4 weeks

This is fully tailored to your goals/sport and includes a weekly check in with video analysis and feedback.

I work with a mixture of strongmen and powerlifters as well as general gym goers who do not compete in a sport

Compare Nutrition Plans

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	Gold Package	Silver Package	Premium Foodie	Premium Convenience	No macro Tracking
Macro Tracking	✓	✓	all tracking done for you	all tracking done for you	
Weekly Check in	✓		✓	✓	
Monthly Check in	✓	✓	✓	✓	
Recipe Ideas	✓	✓	✓	✓	✓
Request your favourite meals to fit your macros			✓	✓on a monthly basis	
New Weekly Recipes			✓		
New Monthly Recipes	✓		✓	✓	✓
Supplement Advice	✓	✓	✓	✓	✓
Lifestyle and Habit Coaching	✓	✓	✓	✓	
Access to Facebook Group	✓	✓	✓	✓	✓
4 Week Price	£65	£40	£135	£100	
12 Week Price	£180	£110	£375	£270	£120
26 week Price	£370		£750		



Contact me

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