



# *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 calorie counting app to do so.

**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

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# ***Macro Tracking Plans***

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# 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**  
**£65 for 4 weeks**  
**£170 for 12 weeks**  
**£350 for 26 weeks**  
**£650 for 52 weeks**



# Silver Package

## What is included...

*Monthly Check in*

- 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 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**



# ***Set Meal Plans***

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See the next pages for the different packages and Prices





# Premium Package

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.

## Weekly Check in

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**Package Prices**  
**£125 for 4 weeks**  
**£300 for 12 weeks**  
**£600 for 26 weeks**



# ***Premium Package***

What is included...

No Vegan option available, sorry.

## ***Monthly Check in***

- This is the same style of plan as the premium weekly plan on the previous page however this is a more budgeted version. With this plan you get everything as stated with the Premium Weekly however there is only one check in per month.
- The plan is still fully tailored and you will be given a variety of recipes that will last you for the full month. The monthly check just gives a bit less accountability, so if you are the type of person who needs accountability then the Premium weekly would be better suited to you. If you find that you can stick to a plan well on your own, you just need to be supplied with the right tools then this plan (premium monthly) will be a perfect option.
- For athletes who are in their competition season or struggle to make weight close to competition then it may be best to consider premium weekly as we can fine tune things a lot better with the more regular check ins as opposed to the monthly check in.

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**Package Prices**  
**£80 for 4 weeks**  
**£210 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!**

- 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
- There is no check in with this plan, it is a DIY plan.

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

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	Gold Package	Silver Package	Premium Weekly	Premium Monthly	No macro Tracking
Macro Tracking	✓	✓	done for you	done for you	
Weekly Check in	✓		✓		
Monthly Check in	✓	✓	✓	✓	
Recipe Ideas	✓	✓	✓	✓	✓
Request your favourite meals to fit you macros			✓	✓	
New Weekly Recipes			✓		
New Monthly Recipes	✓		✓	✓	✓
Supplement Advice	✓	✓	✓	✓	✓
Lifestyle and Habit Coaching	✓	✓	✓	✓	
Access to Facebook Group	✓	✓	✓	✓	✓
4 Week Price	£65	£40	£125	£80	
12 Week Price	£170	£100	£300	£210	£120
26 week Price	£350		£600		



# ***Add on a training Plan?***

If you would like a training plan with your nutrition plan then please drop me an email for the prices of the combined packages.

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***Contact me***

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*Shannon's Nutrition Coaching*



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