



AM I SUPPOSED *To Eat This?*

Online Nutrition Coaching

Why should you consider using an online coach?

Perhaps you've tried lots of different diets, only to continuously fail? Alternatively it might be that you need someone to help you work towards a track free life? Or help you prepare for a sporting event? Or even just accountability? I make sure my approach is bespoke to each person I deal with, therefore we can always have a chat before starting to make sure we're a good match.

Can you guarantee results?

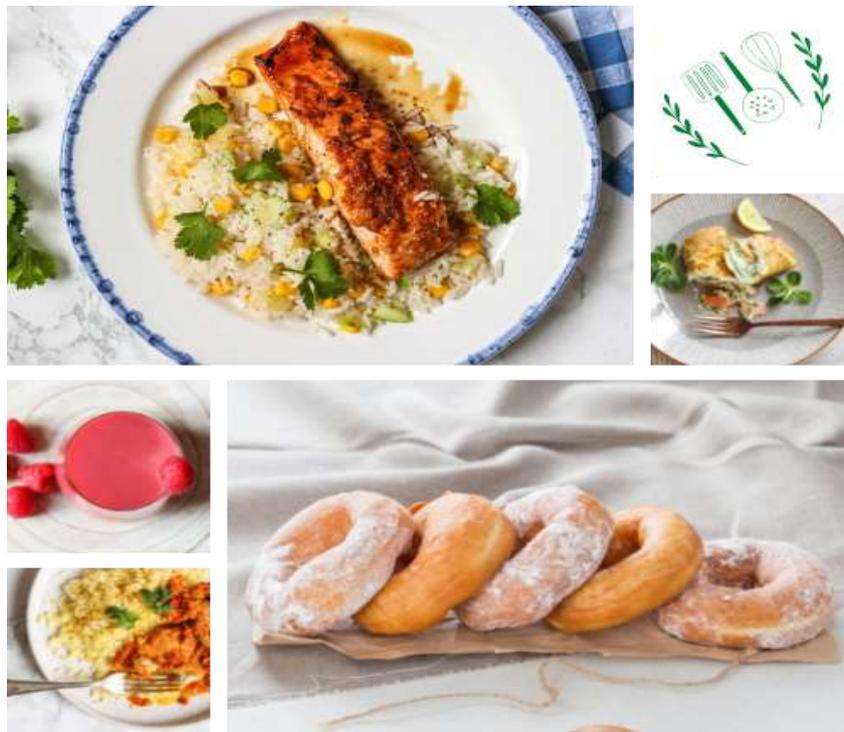
No. At the end of the day, all I can do is guide and support you as much as possible. However, if you're not willing to make the effort to change and trust the process, it's going to be so much harder for us to work towards your goals.

What's included in my "Welcome Pack"?

Each customer is issued with a standard welcome pack which includes a comprehensive guide to calories, macros, tracking and many other frequently asked questions.

Alongside my guide to "**Eating Out**" which makes navigating everything from coffee with friends, a last minute Mc Donalds drive though totally viable without going off track.

Finally, you'll be issued with a recipe book that includes shopping lists, meal prep idea's, alongside 55 recipes with MyFitnessPal barcodes that you can easily scan. Plus, I'll issue you with a fully bespoke set of meal recommendations based upon your lifestyle and personal choices.





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How much is monthly coaching and is there a minimum term?

Please see the pricelist below, ideally I'd like customers to commit to a minimum of 2 months to allow us to get into a flow and see some progress.

Packages	Standard	Premium
Monthly Price	£30	£40
New Customer Guide Breaks down common questions such as "What are calories/macros", "How to track calories", "Pre-workout snacks", "How many meals a day?" and so much more.	Yes	Yes
Recipe book with over 55 recipes including MyFitnessPal barcode scanning, meal prepping advice & so much more	Yes	Yes
Goal Tracker - So you can look back at how far you've come.	Yes	Yes
Calories & Macros based on your personal needs for the next cycle	Every 2 weeks	Every Week
"Check-In" - Where we review your progress and set goals for the next cycle	Every 2 weeks	Every Week
My "Eating Out Guide" - Which makes navigating social meals so much easier and helps you stay on track, without missing any fun.	Yes	Yes
New recipes once a month and recipe recommendations.	Yes	Yes
Support via Whatsapp to answer any questions or a monthly catch-up call (if you fancy a chat - No pressure!)	No	Yes

I'd like to enquire about coaching, how do I contact you?

Feel free to complete the form on my website or pop across an e-mail (amisupposedtoeatthis@gmail.com) and we can continue via e-mail or arrange a phone or video call.