



**S T R I V E**

PERFORMANCE DIETETICS



**Week Nutrition Package**

**Whats included?**

## **Initial Nutrition Assessment**

Start with a 30-minute dietitian consultation to assess your needs, goals, and lifestyle—laying the foundation for success.

## **Two individualised Nutrition Plans**

Based on the assessment, each member will receive two individualised nutrition plans that align with their specific goals—whether it's muscle gain, weight loss, or performance enhancement.

## **Fortnightly Check-Ins for Accountability + Support**

Weekly check-ins to track progress, tackle challenges, and stay focused. With a habit tracker and clear guidance, you'll consistently move toward your goals.



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## Whats included?

### **Fortnightly Adjustments to meal plans**

Fortnightly updates to keep your plan dynamic and tailored—new recipes, energy-boosting snacks, and variety to keep you motivated and excited throughout your journey.

### **Fortnightly Strive Newsletter**

Stay motivated with our fortnightly newsletter—simple, practical nutrition tips and insights to boost your health and fitness journey.

### **Added Resources for Clients**

If interested and relevant Members receive valuable resources on *gut health, sleep optimization, cognitive health, and building a balanced plate*—crucial elements for overall wellness and performance.



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## Whats included?

### **Supplement Recommendation**

For members considering supplements, we provide expert guidance to ensure safe, effective, and goal-oriented use.

### **Optional Body Composition Test**

ISAK @ week 0 and week 8 | We expand and educate on the results in regards to lean body mass, fat mass, as opposed to just weight.

+ A network of trusted health professionals  
&

A Team of 3 Accredited Sports Dietitians who care

