

Nutrition

The custom nutrition plan was developed to help the individual eat healthy without over indulging. The plan offers enough variety and options to make it a lifestyle plan. The plan is customized to the individual based on a profile of 15 key factors: age, body fat, weight, desired weight, daily activities (to name a few).

This information is entered into a database program to give the client a guide for a custom plan of 5 balanced, smaller nutritious meals a day that are simple and easy to prepare. Program details meals for each day, listing serving size, protein, carbohydrates, fat, calories, etc. Each clients plan is different based on their profile. The plan also prints out a grocery list for the duration of the meal plan.

Some of the diets we offer:

Menu For Low Carb Diet Menu For Low Fat Diet Menu For Low Cholesterol Diet A Plan To Address The Needs of Mature Women Lean Body Builder Weight Training Diet Menu For Glycemic Management Weight Training Mass Builder Diet Special Lactose Intolerant Nutrition Plan A Diet To Help Prevent Osteoporosis (Increase Your Bone Health) Gluten Free Nutrition Plans