



## Holroyd-Parramatta Goannas 2013

### Nutritional Advice Program

Adequate nutrition is essential to achieving any health and fitness goal. Nutrition is incredibly in-depth and differs from person to person depending on their individual goals and needs.

Simply fill in the weekly food diary over a period of 6 weeks. As I view your food diary each week I will give feedback regarding:

- What you need to stop eating
- What you need to continue to eat
- What you need to add to your diet
  - All other habits and advice

You can also choose to concentrate on the following:

- Building Muscle
  - Fat Loss
- Improved Athletic Performance
  - Overall Health

Feedback will be given a few points at a time to avoid an overload of information and change all at once. I will also be providing examples of meals and recipes if needed.

\*Please note I am not writing nutrition plans but I am fixing your current nutrition

**6 Week Program - \$15**