

Nutrition coaching is shortly about me guiding and teaching you nutrition basics in accordance with your goal and your activities. It's separate from online trainings so you can be doing, for example, crossfit classes and just have me take care of your nutrition.

At first you get a questionnaire to fill, and the more detail i have in your answers the more time we spare in later communication to start a nutrition plan. After i have received the filled questionnaire we can have a call for any additional info i may need.

Besides weekly calorie and macro goal the client get a manual, kind of an E Book with a short education on macros, cooking, healthy habits, sleep, supplements, training dictionary and 50+ healthy recipes.

You'll have weekly reports to fill on your profile and check ins to track the progress. If you live near by, live weekly check ins are a better option.

Every client is free to contact me anytime for any additional info they need during the day. The better the communication, the better the results.