

# Goal-Based Nutrition Packages with Scientific Approach

Each of the following packages is rooted in evidence-based sports nutrition and tailored to the unique demands of various sports. With an MSc in Sports and Exercise Nutrition, ISAK Anthropometry certification, anti-doping training, and years of personal athletic experience—including CrossFit, Ironman, and Hyrox competitions. My approach is both scientifically rigorous and highly practical.

## How an Expert Nutrition Plan Can Benefit You:

- **Personalized, Evidence-Based Strategies** – Tailored to your sport and goals
- **Performance-Focused Solutions** – Backed by real-world athletic experience

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## General Wellness Package (8-12 weeks)

Maintain a healthy lifestyle with a science-based approach to nutrition, body composition, and well-being. Ideal for individuals looking to improve overall health.

### Includes:

- **Personalised Nutrition Plan** tailored to your lifestyle, preferences, and health goals.
- **InBody H20N Body Composition Analysis** to monitor muscle mass, body fat, and overall progress.
- **Hydration Guidance** to optimise daily fluid intake for overall health and well-being.
- **Supplement Advice** to support energy, immune function, and general vitality.
- **Bi-weekly Check-ins** to assess progress, adjust your plan, and keep you on track.

#### Pricing:

Standard Price: £300 for 8 weeks

Dulwich College Sports Centre Member Price: £270 (10% discount)

## Hyroxa Package (8-12 weeks)

Enhance strength, power, and endurance using targeted macronutrient timing, specific supplementation, and optimized hydration strategies to prepare you for Hyrox competitions.

Free Initial Consultation (45 minutes)

#### Scientific Focus Approach Includes:

- **Personalised, sport specific nutrition and hydration plan** specific to Hyrox demands
- **Supplement recommendations** for strength and endurance
- **InBody H20N body composition analysis** to monitor muscle mass, fat loss, and performance gains
- **Recovery nutrition** with focus on muscle repair
- **Glucose monitoring** to optimise carbohydrate intake
- **Bi-weekly check-ins**

#### Pricing:

Standard Price: £400 for 12 weeks

Dulwich College Sports Centre Member Price: £360 (10% discount)

#### Lactate Analysis Add-On

Lactate analysis can be added to the packages for a price of £50-75. This test helps to track and optimize training intensity and endurance performance, providing you with personalised training zones to enhance results.

## Marathon Runner Package (12-16 weeks)

Fuel long-distance endurance training, focusing on carbohydrate loading, efficient energy use, and recovery.

Free Initial Consultation (45 minutes)

#### Scientific Focus Approach Includes:

- **Tailored nutrition plan** for marathon training phases (endurance, tapering, race day)
- **Hydration and electrolyte strategy**
- **InBody H20N body composition analysis** to track muscle mass and body fat changes throughout training
- **Glucose monitoring** for energy balance and fueling strategies
- **Bi-weekly check-ins**

### **Pricing:**

Standard Price: £500 for 16 weeks

Dulwich College Sports Centre Member Price: £450 (10% discount)

### **Lactate Analysis Add-On**

Lactate analysis can be added to the packages for a price of £50-75. This test helps to track and optimize training intensity and endurance performance, providing you with personalized training zones to enhance results.

## **Ironman Package (20-24 weeks)**

Sustain energy across swim, bike, and run phases with individualized plans targeting glycogen replenishment, electrolyte balance, and recovery.

Free Initial Consultation (45 minutes)

### **Scientific Focus Approach Includes:**

- **Comprehensive endurance nutrition strategy** for swim, bike, run phases
- **Lactate analysis** for endurance adaptation and race pace setting
- **InBody H20N body composition analysis** to track body composition changes over the course of training
- **Supplement strategy** for long-course events
- **Hydration, fuelling, and recovery** protocols
- **Glucose monitoring** for long-distance energy management
- **Bi-weekly check-ins**

### **Pricing:**

Standard Price: £900 for 24 weeks

Dulwich College Sports Centre Member Price: £810 (10% discount)

## **CrossFitter Package (8 weeks)**

Optimise performance for metabolic conditioning, strength, and recovery during high-intensity functional training.

Free Initial Consultation (45 minutes)

### **Scientific Focus Approach Includes:**

- **Nutrition plan** tailored for strength, power, and metabolic conditioning
- **Supplement guidance** for performance and recovery
- **InBody H20N body composition analysis** to assess muscle mass and fat loss progression
- **Glucose monitoring** for fueling high-intensity sessions
- **Bi-weekly check-ins**

### **Pricing:**

Standard Price: £350 for 8 weeks

Dulwich College Sports Centre Member Price: £315 (10% discount)

### **Lactate Analysis Add-On**

Lactate analysis can be added to the packages for a price of £50-75. This test helps to track and optimize training intensity and endurance performance, providing you with personalized training zones to enhance results.

## **Cyclist Package (8-12 weeks)**

Improve endurance and power output through targeted carbohydrate and hydration strategies.

Free Initial Consultation (45 minutes)

### Scientific Focus Approach Includes:

- **Nutrition and hydration plan** tailored for endurance and power output
- **InBody H20N body composition analysis** to monitor muscle mass and fat loss progression
- **Glucose monitoring** for optimal carbohydrate intake during training and competition
- **Recovery nutrition and supplement strategies**
- **Bi-weekly check-ins**

### Pricing:

Standard Price: £400 for 12 weeks

Dulwich College Sports Centre Member Price: £360 (10% discount)

### Lactate Analysis Add-On

Lactate analysis can be added to the packages for a price of £50-75. This test helps to track and optimize training intensity and endurance performance, providing you with personalized training zones to enhance results.

## Weightlifter Package (8 weeks)

Maximize strength and power while managing weight class through tailored macronutrient intake and supplementation.

Free Initial Consultation (45 minutes)

### Scientific Focus Approach Includes:

- **Nutrition plan** focused on strength, power, and weight class management
- **InBody H20N body composition analysis** to monitor muscle gain and fat levels
- **Supplement guidance** for strength gains (e.g. creatine, BCAAs)
- **Glucose monitoring** to optimize energy availability during heavy lifting
- **Recovery protocols** tailored for weightlifting
- **Weight management for competition**
- **Bi-weekly check-ins**

### Pricing:

Standard Price: £350 for 8 weeks

Dulwich College Sports Centre Member Price: £315 (10% discount)

## Boxer Package (10-12 weeks)

Maximize power, agility, and endurance while managing weight class for peak boxing performance.

Free Initial Consultation (45 minutes)

### Scientific Focus Approach Includes:

- **Nutrition plan** tailored for agility, endurance, and weight class management
- **InBody H20N body composition analysis** to manage weight and muscle mass for competition
- **Glucose monitoring** to support energy levels during high-intensity training
- **Supplement guidance for strength and endurance**
- **Weight-cutting strategies** that maintain muscle mass and hydration
- **Bi-weekly check-ins**
- **Pre-fight nutrition and hydration strategy**

### Pricing:

Standard Price: £450 for 12 weeks

Dulwich College Sports Centre Member Price: £405 (10% discount)

### Lactate Analysis Add-On

Lactate analysis can be added to the packages for a price of £65. This test helps to track and optimize training intensity and endurance performance, providing you with personalized training zones to enhance results.

## Referral Scheme

Refer your friend who signs up any of the packages and receive 4 weeks of additional free consultation.

## Nutrition Workshop Packages

Offer a series of practical, evidence-based nutrition workshops that educate Recreational and CrossFit athletes and gym members on optimizing their performance, recovery, and overall health through targeted nutrition strategies. Each workshop addresses key aspects of nutrition relevant to training and competition.

### 1. Introduction to Sports Nutrition & Fuelling (Free)

Introduce the basics of sports nutrition, explain macronutrients, and provide a general overview of how nutrition impacts performance in sports.

Duration: 45-60 minutes

Includes: Q&A session for personalized guidance.

Pricing: Free

Objective: Teach participants how to optimize their post-WOD recovery through proper nutrition and supplements.

### 2. Recovery Nutrition: Maximizing Muscle Repair & Reducing Inflammation

Topics:

- Protein timing and requirements
- Anti-inflammatory foods and supplements

- Hydration and electrolytes for recovery
- Pricing: £250 for a 60-minute workshop

### **3. Pre-Competition Nutrition: Fuelling for CrossFit & Fitness Competitions**

Objective: Guide athletes on how to fuel in the lead-up to a competition, including hydration, carbohydrate loading, and meal timing.

Topics:

- Carb-loading strategies
- Pre-WOD meals and snacks
- Supplementation for performance

Pricing: £250 for a 60-minute workshop

### **4. Supplements: What Works and What Doesn't – Myths**

Objective: Provide evidence-based guidance on popular supplements used in specific sports to enhance performance and recovery.

Topics:

- Pre-workout supplements (e.g., caffeine, creatine)
- Recovery supplements (e.g., protein, BCAAs)
- Ergogenic aids (e.g., beta-alanine, sodium bicarbonate)

Pricing: £250 for a 60-minute workshop

### **5. Weight Management for Performance: Eating for Strength and Lean Mass**

Objective: Teach participants how to manage their weight for performance without sacrificing muscle mass or energy levels.

Topics:

- Nutrient timing for muscle growth
- Fat loss strategies without losing strength
- Caloric cycling for performance

Pricing: £250 for a 60-minute workshop

### **6. Hydration and Electrolyte Balance: Optimizing Performance**

Objective: Educate athletes on the importance of proper hydration and how to maintain electrolyte balance during intense training.

Topics:

- Hydration strategies for WODs and competitions
- Electrolyte supplementation
- Signs of dehydration and prevention

Pricing: £250 for a 60-minute workshop

### **7. Gut Health for Athletes: Optimizing Digestion and Nutrient Absorption**

Objective: Teach athletes how to maintain gut health for optimal digestion, nutrient absorption, and minimizing GI distress during intense workouts.

Topics:

- Gut-friendly foods and prebiotics
- Managing GI distress during competitions
- Nutrition for optimal digestion and absorption

Pricing: £250 for a 60-minute workshop

### **Workshop Package Deals**

For CrossFit gyms or fitness centres that want to book multiple workshops, you can offer package pricing:

- 3-Workshop Package: £650 (saves £100)
- 5-Workshop Package: £1,050 (saves £200)
- Full Workshop Series (All 7 Workshops): £1,500 (saves £250)

**Each workshop will be amended based on the sport centre or CrossFit gym clientele.**

## Team Sports Project-Based Package (8-16 weeks)

For team sports like rugby, hockey, tennis or football, the package focuses on providing scientifically-backed nutrition strategies to enhance team performance, recovery, and injury prevention. This project-based approach includes both team-wide nutrition strategies and individualized plans for key players.

Optimise team performance through individualized and team-wide nutrition strategies, focusing on energy management, hydration, and recovery for the entire team.

Free Initial Consultation (45 minutes) Initial team consultation (45-60 minutes) to assess collective goals, fitness levels, and nutritional needs

### Scientific Focus Approach Includes:

- Position-specific and sport-specific nutrition plans. (Team-wide nutrition strategy for optimal performance)
- Game-day nutrition and hydration strategies (pre-game, halftime, and post-game)
- Hydration and electrolyte strategy based on sport demands
- InBody H20N body composition analysis to track muscle and fat changes
- Glucose monitoring to optimize energy levels during training and competition
- Supplement recommendations for performance and recovery (Injury prevention through recovery-focused nutrition)
- Weekly check-ins with coaching staff to adjust nutrition plans (Unlimited email/text support for players and coaching staff for the duration of the project)

### Pricing

- Small Teams (10-15 players): £1,500 for 8-10 weeks
- Medium Teams (16-25 players): £2,200 for 8-10 weeks
- Large Teams (25+ players): £2,800 for 8-10 weeks
- Extended Full-Season Package (16-20 weeks):
  - Small teams: £2,500 - £3,000
  - Medium teams: £3,500 - £4,000
  - Large teams: £4,500 - £5,000

### Additional Options

**Individual Player Consultations:** £45 per session (discounted from one-time consultation rate)

**Team Nutrition Workshops:** £300 per workshop (1-hour recovery, hydration, or specific nutrition strategies)

**Lactate analysis:** This can be added to the packages for a price of £65 per team member. This test helps to track and optimize training intensity and endurance performance, providing you with personalized training zones to enhance results.