



PROFUEL RX:

PRESCRIPTION-GRADE NUTRITION FOR PROFESSIONAL ATHLETES

\$1250

one time fee

Macro Calculations for Chef

- Macronutrient calculations for performance optimization or body composition goal
- Coordination with private chef or facilitation of meal prep service

\$3000

monthly rate

Concierge Nutrition Support

- Ongoing communication and support
- Coordination with performance/wellness staff
- Adjustments and menu planning with chef
- Travel nutrition planning
- Supplement and vitamin protocols
- Bloodwork ordering & analysis
- Hydration testing and recommendations

\$300

hourly rate

A la Carte Sessions & Services

- 1-on-1 nutrition coaching sessions & check-ins
- Menu adjustments for weight loss/muscle building
- Bloodwork ordering & analysis
- Supplement analysis & recommendations