

tatiana

KOVAL

ambitious

12 week nutritional program



meant for individuals with at least 15lbs to loose

*can pay in full (\$150, or per month \$75 a month)

This 12 week nutrition program is a multiphase intensive program designed to drop fat fast.

You will be eating in a caloric deficit (aside from one week) to promote weight loss. Your macros will change every two or every three weeks depending on your body type. And I will send you a new personalized meal plan to follow at each stage.

Phase one starts as a diet bootcamp which will be high protein, low carb, and moderate fats. We will get back to basics, and rid your body of stimulants, refined sugars, and help to curb cravings. Your body will rid itself of inflammation and you'll have noticeably less stomach bloat.

Phase Two we will start to add some carbs back in as your body will be in a more prime metabolic state.

Phase three will lead us to a diet break where we bump your macros back up to maintenance to give your body a break, and utilize the insulin and extra carbs to avoid plateaus.

Last phase we'll be back in a caloric deficit and finish off strong!

