Fuel your potential:

CMF Nutrition Program

Evidence-based, tiered nutrition coaching built around your body, goals, and lifestyle



Improve your everyday nutrition, build healthier habits, support your training, and feel more confident in your food choices with personalized, professional coaching.

Tier 1: Foundations

Ideal for: People looking for personalized nutrition guidance and a starting point for building healthier habits

- **Personalized nutrition guidance & recommendations** tailored to your goals, habits, & lifestyle
- **Review** of current eating habits, food logs, & meal photos
- **Realistic SMART (specific, measurable, achievable, relevant, time-bound) goals and resources** to support lasting habits

Tier 2: Momentum

Ideal for: People looking to build consistency through ongoing nutrition guidance, support, and acountability

- **All of the benefits of Tier 1**
- **Regular check-ins** for accountability, progress tracking, & goal adjustments
- **Ongoing nutrition support** through personalized education, resources, & messaging between sessions

Tier 3: Elevate

Ideal for: People seeking a highler level of individualized nutrition coaching and long-term support

- **All of the benefits of Tiers 1 & 2**
- **More personalized guidance** tailored to your nutrition, training, & lifestyle goals
- **Long-term support** through priority messaging, ongoing progress reviews, & sustainable nutrition strategies

Ready to get started?

Choose your tier, schedule your in-person or virtual consultation, and start your journey!

→ **Call or text us to schedule:** (561) 318-8070 → **Scan the QR code** to learn more: