



FNC
FORTITUDE
nutrition coaching

NUTRITION WEBINAR

THERE IS MORE TO NUTRITION THAN CALORIES AND FAT LOSS

Eating "healthy" doesn't mean you're on a diet.

You can eat nutritious whole foods a majority of the time because you enjoy it, because you enjoy how your mind and body feels when you fuel it appropriately.

Reasons for eating "healthy" or improving your nutrition practices that don't involve weight loss or body composition may include:

- Improving your relationship with nutrition
- Increasing your understanding and knowledge of nutrition
- Setting a good example for your children
- Improving your physical health
- Improving your mental health
- Improving your overall health
- Motivating friends and family
- You simply enjoy the foods
- Performance goals
- Illness prevention
- Pass on good habits

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#TEAMFNC

NUTRITION IS



MORE THAN CALORIES & FAT LOSS

WHAT DICTATES OUR PHYSICAL HEALTH?

NUTRITION
EXERCISE
SLEEP

Nutrition and Physical Health

There are no unhealthy foods, there aren't even unhealthy meals, there are only unhealthy diets

No single food can 'make' you unhealthy.

Health is a factor of the long-term cumulative effect of dietary choices made over time

COMPONENTS OF NUTRITION – What influences our choices?

- u Food type
- u Food quality
- u Personal goals
- u Personal preferences
- u Macronutrients
- u Timing
- u Hunger levels
- u Activity levels
- u Sleep
- u Temptation
- u Cooking
- u Shopping
- u Hormones
- u Availability
- u Season
- u Cooking skills
- u Flavour
- u Weekdays
- u Weekends
- u Alcohol
- u Beverages
- u Hydration
- u Allergies
- u Intolerances
- u Social
- u Cultural
- u Enjoyment
- u Equipment

NUTRITION'S ROLE IN OUR LIVES

WHAT WE EAT HAS A ROLE TO PLAY IN EVERYTHING WE DO

It has the ability to improve or impair all aspects of our life. How well we move, our energy levels, our mood, our emotions, our memory, our overall health, our recovery.

Promoting health does not mean we merely seek the absence of disease but instead requires us to encourage physical, psychological, emotional, social, economic and intellectual well-being.

Physical Health – many facets. Body composition, digestive, overall, muscle/bone health

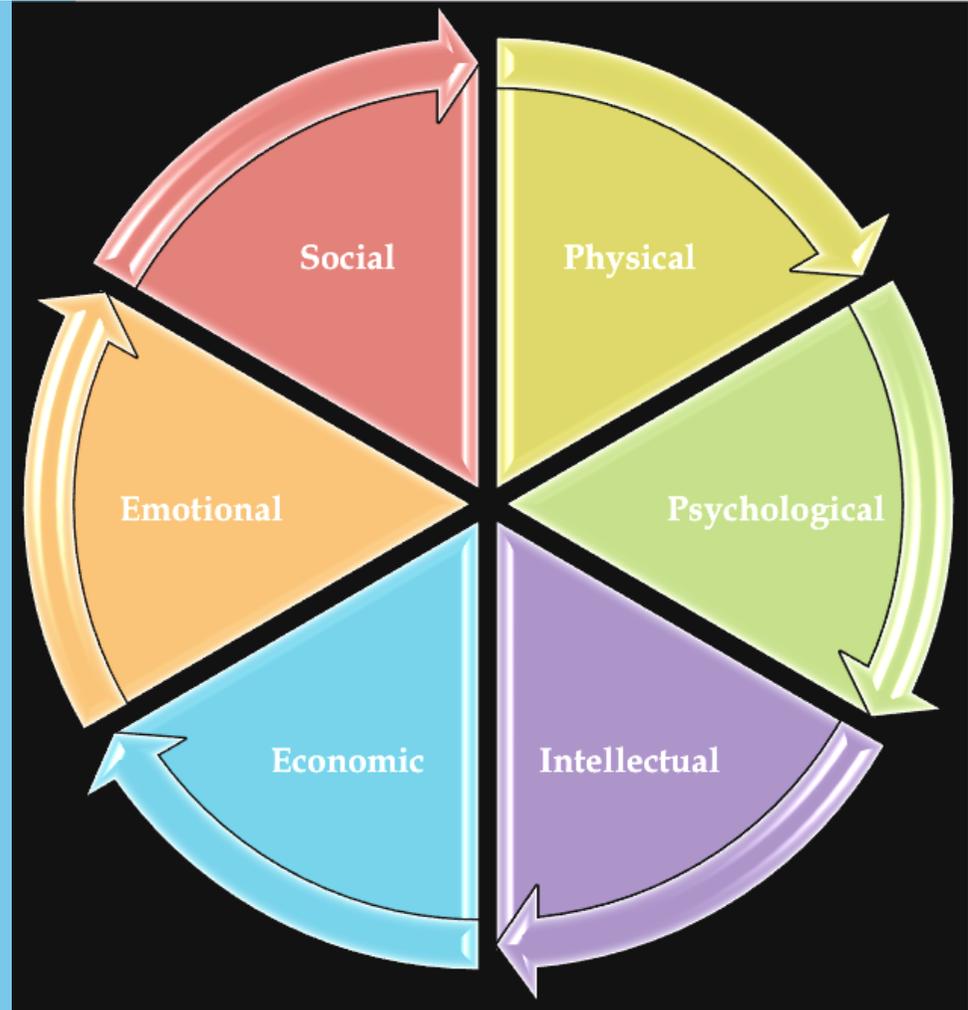
Psychological Health – cognition, stress

Emotional Health – spiritual health, positive relationship

Social Health – lifestyle

Economic Health – cost effective, budget

Intellectual Well-being – making own decisions, confident in decision



FUNCTION OF FOOD

Food provides nutrition that have one or more physiological or biochemical function in the body.

Nutrients are usually divided into 6 different categories:

Carbohydrates

Fats

Proteins

Vitamins

Minerals

Water

The functions are then divided into 3 main categories:

Promotion of growth and development. Mostly performed by proteins. Muscles, tissue, and organs consist mostly of protein and for any tissue growth or repair protein is required.

Energy supply. Predominantly from carbohydrates and fats.

Metabolism regulation.

Vitamins, minerals and protein are used for this function.

Enzymes are proteins and play important roles as catalysts allowing for reactions to proceed at higher rates than they would spontaneously.





The body needs larger amounts of some nutrients each day and smaller amounts of others on other days. Nutrients that are required in a dose of more than a few grams are referred to as **MACRONUTRIENTS** (Carbs, Fats, Proteins).

Nutrients that are needed in small amounts (less than 1g/day) are **MICRONUTRIENTS** (vitamins, minerals and trace elements).

PROTEIN

KING/QUEEN OF THE MACRONUTRIENTS

Why protein is powerful?

Protein helps synthesize important hormones

Protein supports our immune system.

Protein boosts our metabolism

Protein helps us feel more satisfied with our meals.

And most importantly: Protein helps build and repair almost every tissue in our bodies — including our muscles, connective tissues (such as tendons and ligaments), and bones.

More protein means better recovery, more muscle, less fat, and a stronger, healthier body.

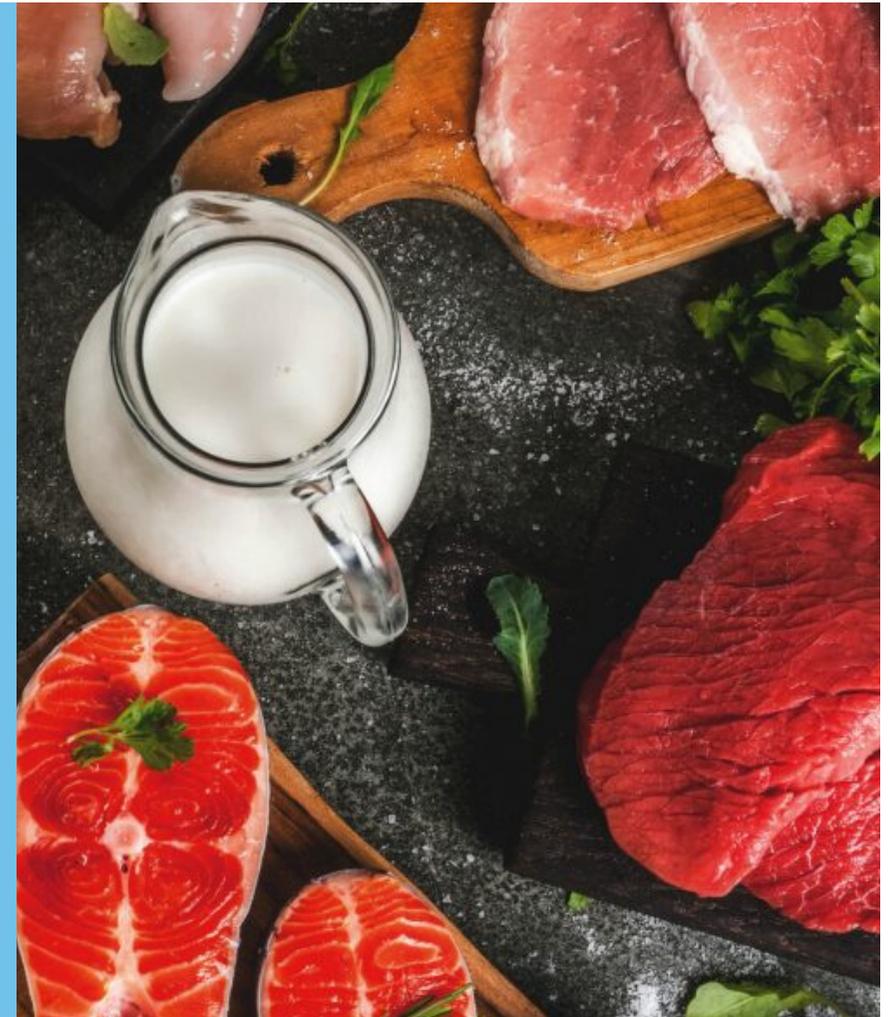
In fact, protein is one of the most important habits you can do — no matter what your goals are.

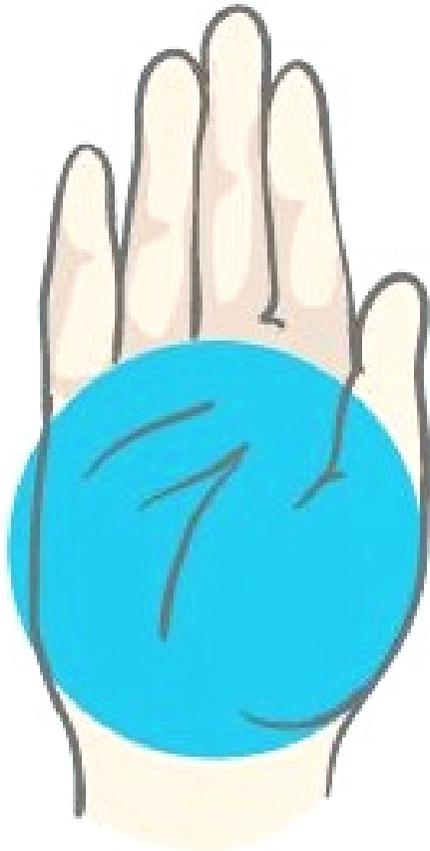
So if you're going to work on doing any habit consistently, really work on nailing this one.



PROTEIN

Proteins are made up of building blocks known as amino acids. There are 20 different amino acids commonly found in proteins. There are 9 essential and 11 non essential amino acids. Meaning the 9 essential amino acids cannot be manufactured in the human body. Amino acids play a central role in metabolism of many organs and tissues. They are precursors for the synthesis of body proteins and regulators of the synthesis of important metabolic mediators and composition with regulatory biological activity (neurotransmission, hormones, dna, and rna). Protein provides cell structure and muscle, skin and hair are made largely from protein. Bones and teeth are composed of minerals embedded in the protein framework. Lack of protein results in these structures breaking down leading to reduced muscle mass, loss of skin elasticity and thinning hair. Quality and quantity of protein are important. Proteins that contain all the essential amino acids are called complete proteins and are high quality proteins. Proteins that are deficient in one or more amino acids are called incomplete or low quality proteins. Incomplete proteins are unable to support human life and growth. Animal proteins are generally higher in quality than plant proteins.





PROTEIN SOURCES

Here's what we recommend for protein choices, choose the ones you enjoy:

Lean meat such as beef, pork, or wild game

Poultry such as chicken or turkey

Fish & seafood such as white fish, tuna, salmon, or prawns

Eggs & egg whites

Cottage cheese & high protein dairy

Greek or Icelandic Yogurt (specifically Chobani FIT, YoPro and SKYR)

Protein powder such as whey, and vegan/vegetarian blends, etc.

Cooked legumes or beans (although also carbohydrate sources)

Tofu or tempeh

WHEN? We recommend consuming **PROTEIN** at every meal and every snack. Suggested portion sizes are below

Protein Portions for Men = 2 palms (6 palm per day)

Protein Portions for Women = 1 palms (3 palms per day)

*Based on 3 Main Meals per day

Halve portions for snacks or if eating more frequently

NUTRIENT DENSE FOODS

VEGETABLES, SALADS, BERRIES

These foods are typically lower calorie, high in volume, and provide a wide range of health benefits

Benefits

We get a lot of our vitamins, minerals, antioxidants and fibre from nutrient dense foods. They are low in calories and add volume to our meals.

Portion sizes: Aim to eat at least 5 fist sized serves per day as a minimum - the 5 Fists of Fortitude.

Ideal sources: Vegetables (except potatoes, sweet potatoes), salads, and berries

Timing: Aim to eat some NDF everytime you eat

How to prepare it: Roast trays of vegetables in the oven and portion them out, make big salads, don't be afraid to eat them whole like fruit.

How to shop, keep prices down: Buy seasonally as they are usually the cheapest options at the time and freshest. Fruit and vegetable shops generally have much better sales than supermarkets. Try not to have a set idea in your head when you go shopping of what you need, buy what's on sale to cut costs and get variety over time.





NUTRIENT DENSE FOODS

EAT THE RAINBOW

Each coloured group of NDF are associated with a list of health benefits. Hence why it is important to consume a range of different colours or EAT THE RAINBOW.

Here are a few tips when it comes to adding NDF to your meals and snacks.

- Start with the ones your enjoy
- You can add flavour to them, eg. Roasting with herbs and spices
- Frozen is fine. Especially when it comes to berries
- Add them to your smoothies if you don't really like the taste
- Prepare them in a way you enjoy. Don't like boiled broccoli? Try pan frying or roasting it

What is the best thing about NDF besides the health benefits you get from them?

They are the perfect tool to help lower calories while maintaining or adding the volume of your meals.

Bulk your meals with NDF to satisfy your hunger signals and keep you feeling fuller for longer!

CARBOHYDRATES

Primary energy source for anything above a 60% intensity

Benefits: Carbs are our primary fuel source for strength training and high intensity exercise (anything above 60% effort)

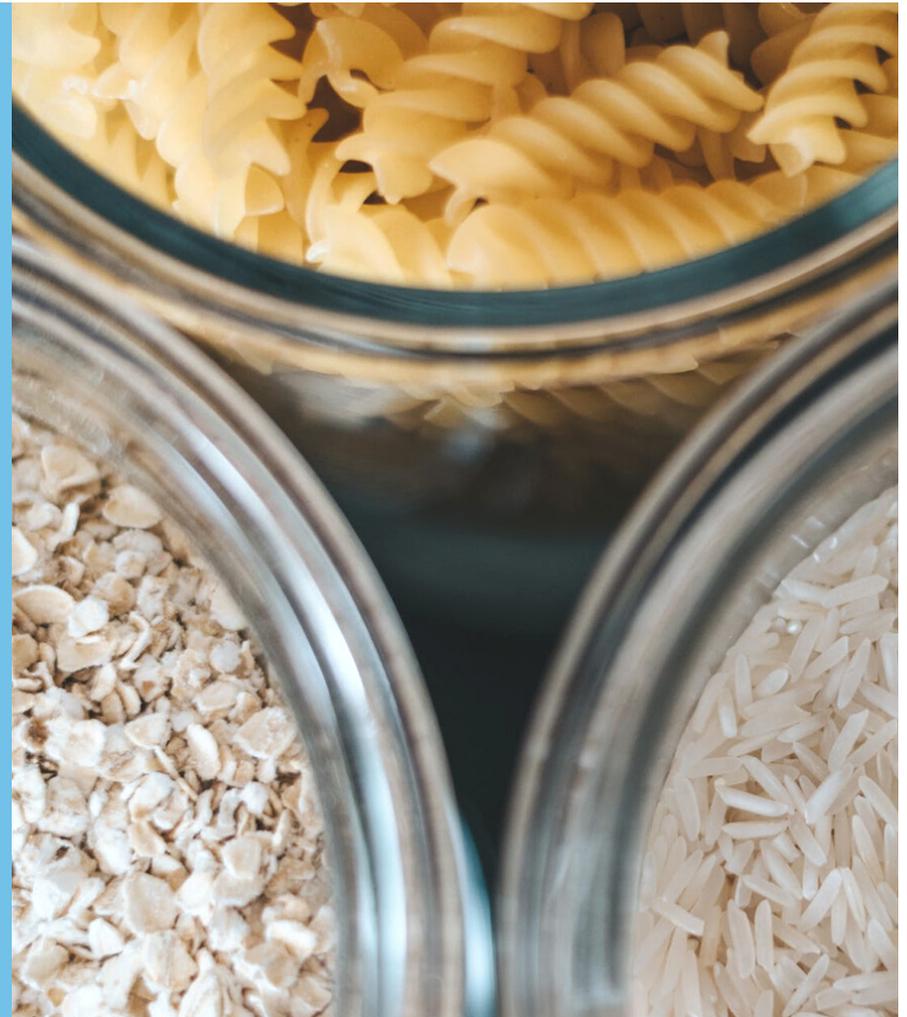
Portion sizes: Cup your hand and imagine it full of a chosen carb source. Generally 2 cupped handfuls for males and 1 for females. You should scale your carb intake depending on your training. If you're training more than usual, eat more carbs. Training less than usual, eat less carbs.

Ideal sources: Potatoes, Sweet potatoes, rice, quinoa, oats, buckwheat, beans and legumes, fruit.

Timing: Think about a 2 hour window before and after your training or exercise for the day.

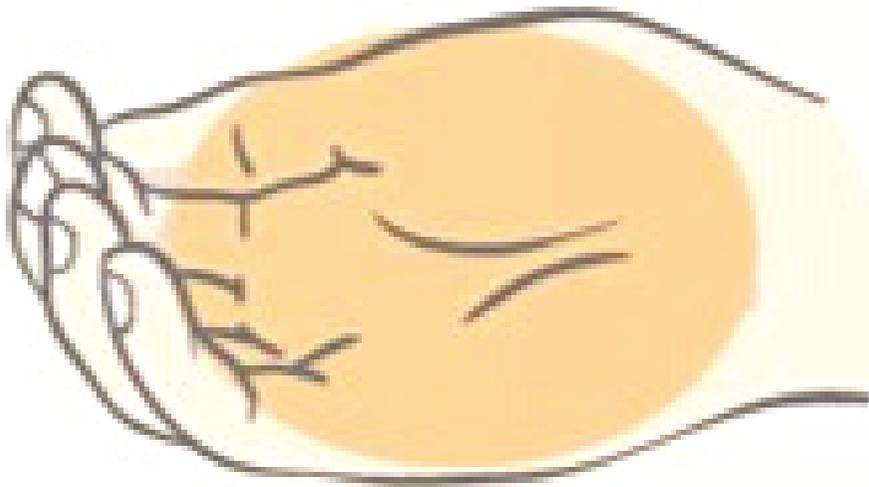
How to prepare it: A rice cooker will save plenty of time and it's possible to bulk prep carbs and freeze them in portions for easy use later. Roasting potatoes or sweet potato in big batches and portioning out as needed. Overnight oats.

How to shop, keep prices down: Carb sources are generally very cheap. It's a good idea to eat a variety of sources so buying whichever option is on sale when you need to restock will help you add variety.



CARBOHYDRATES

Carbohydrates are obtained almost exclusively from plants however they can be found in all living cells. Carbohydrates play a crucial role during exercise. They are the predominant fuel during high intensity exercise. Carbs are stored in small amounts in muscle and liver and can become completely depleted after prolonged strenuous exercise. Ingestion of carbs will rapidly replenish carbs stores and excess carbs are converted to fat and stored in adipose tissue.



FATS

Benefits: Our body needs healthy fats for brain cell formation, cells in our central nervous system, for absorbing a lot of vitamins and minerals. Like protein is highly satiating, keeping us full for a good amount of time.

Portion sizes: Look at your thumb roughly from the tip to the base. Generally 2 thumbs sized portions of healthy fats for males and 1 for females.

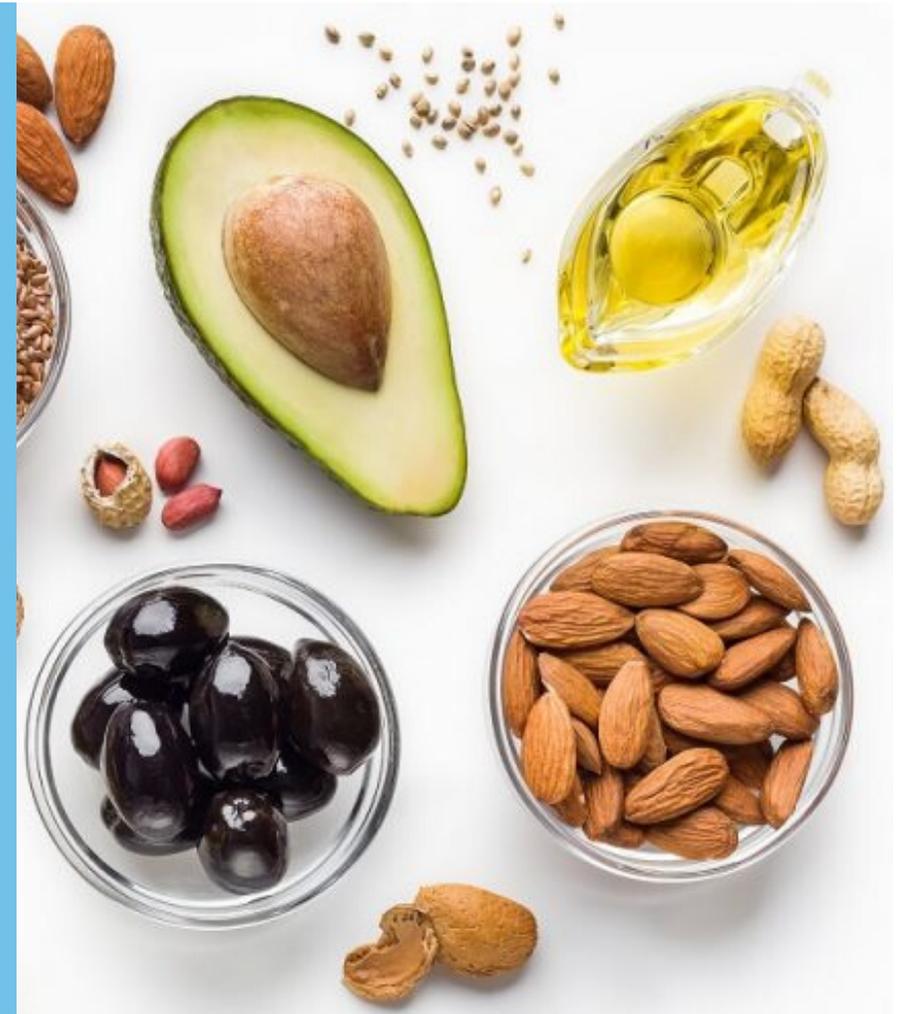
Ideal sources: Olive oil, coconut oil, nuts, nut butters, butter, fatty fish like salmon and sardines, avocados, full fat dairy.

Timing: Try to consume healthy fats with meals that are at least 2 hours before and after your training. (OUTSIDE 2 HOURS EITHER SIDE OF TRAINING)

How to prepare it: Most fats don't need much preparation. When cooking, choose butter, animal fats and coconut oils over seed and vegetable oils. Olive oil makes great salad dressings.

How to shop, keep prices down

Buy when on sale. Keep the fat which you might collect from cooking meat and use for cooking.

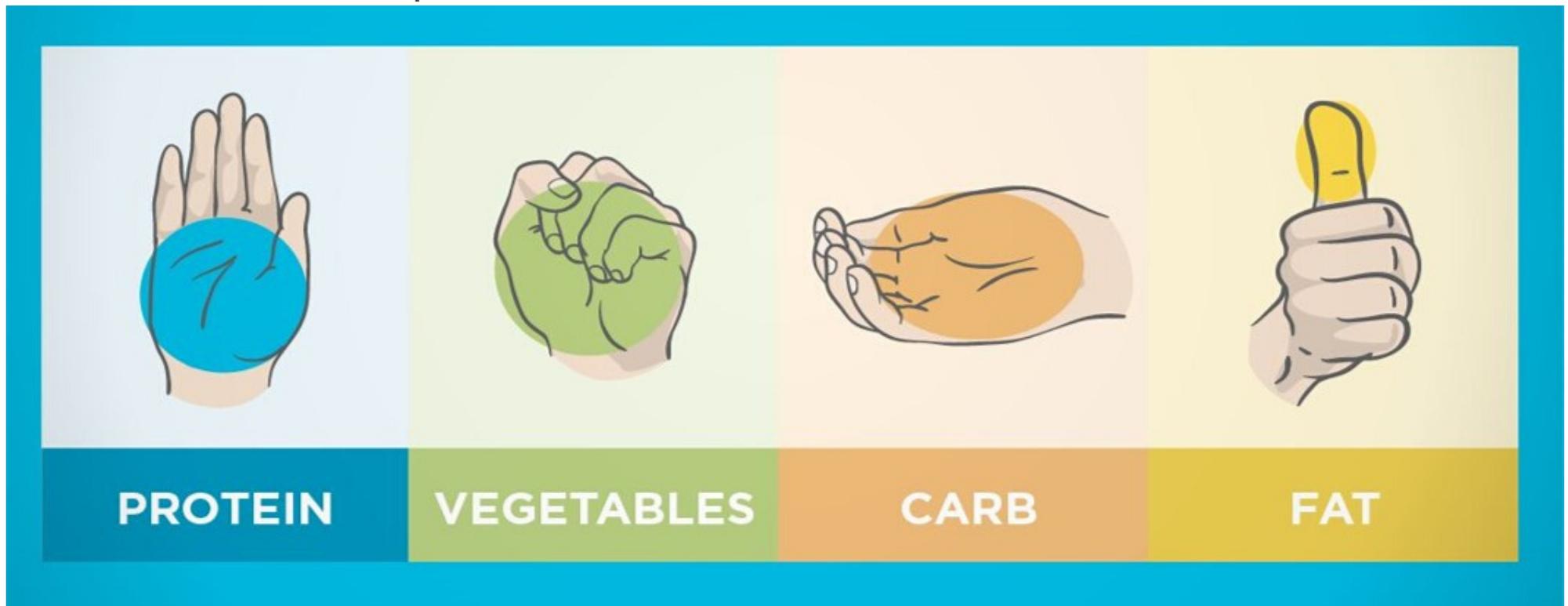


FATS

Fats are also known as lipids which comes from the Greek word lipos (meaning fats). Lipids are an important energy source for prolonged exercise. Large amounts of fat can be stored in the body. They are also a fuel to most cells and are important for muscle contraction. Fat protects vital organs. Fats are needed to absorb fat soluble vitamins, they make up cell membranes. Cholesterol also helps form bile, important hormones such as testosterone. Linoleic acid is important in the formation of eicosanoids which regular and maintain blood pressure, platelet aggregation, intestinal motility and immune function. Fats also makes food tasty and attractive.



Creating a balanced meal: In order to create balance in our meals we must first have a good quality source of protein, the next step is adding in nutrient dense foods such as vegetables and fruits (these two items will be the foundation of our meals and snacks), the third is adding in carbs and fats where we need them. Adding in extra nutrient dense foods (volume) can be an easy way to curb hunger keep us satisfied until the next meal and finally for snacks we have the portions mentioned.





HYDRATION

A very general guideline is to aim to drink 2 litres of water per day. Hydration can help your digestion. If you're experiencing gastric distress, try increasing your water intake.

Drinking water before meals can help to stretch the stomach and help you feel fuller from less food - a great strategy if fat loss is your goal. It is often possible to confuse hunger with thirst, so if you are starting to feel hungry. Have some water and see how you feel a few minutes later.

The easiest way to make sure you are keeping on top of your fluid intake is to always have a water bottle with you and sip from it regularly.

Ideally we want water to be our primary source of fluid however if you occasionally need some flavour to help you drink more here are some options:

add slices of lemon, orange or small amounts of fruit. Mint and cucumber also add a different flavour.

diet / sugar free cordials

lower calorie drinks like kombucha or coconut water

zero/low sugar sports drinks

zero sugar soft drinks



WATER

Water makes up about 60% of the human body. Blood is about 90% water, muscle about 75%, bone 25% and adipose tissue about 5%. Water transports nutrients, provides protection, regulates body temperature, participates in biochemical reactions, and provides the medium for these reactions to take place. Blood transports nutrients and oxygen to different tissues and transports CO₂ and waste products away from tissues. Water in urine transports waste products also. Water has protective functions such as lubrication, cleansing and cushioning. Synovial fluid lubricates joints. Saliva lubricates the mouth, making chewing and swallowing food possible. During exercise it regulates body temperature. Regular and sufficient water intake is required to maintain health and physical performance. Water intake is typically 2-2.8L/day with requirements being dependent on sweat rates, energy expenditures, and body weight.

SLEEP

Aim for 7-9 hours per night

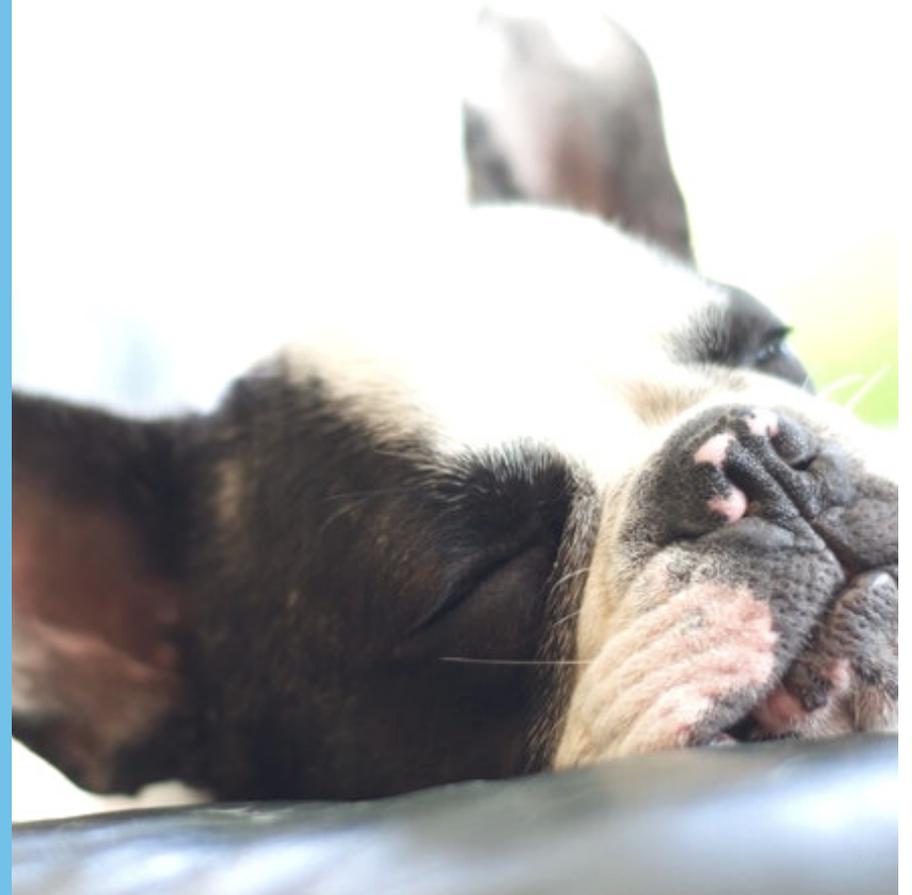
Develop a sleep routine

Poor sleep affects behaviours and nutritional choices

Lack of sleep affects our hunger and satiety hormones

Good quality sleep improves health and cognitive function

Undersleeping slows down recovery and increases risk of injury



MINDFUL EATING STRATEGIES



RATING HUNGER

Are you really hungry?
Are you bored/trying to procrastinate?
Tempted or triggered by
signals around you?
Do you want you eat?
Do you need to eat?
Do you think you should eat?
Rate your hunger.
7/10 or above – Eat
Below that, wait



EATING SLOWLY

Slow down before your meal
Take time out for yourself
Tune in to your meal
Slowing down sends signals of satiety to
your brain on less food
Helps you eat to 80% full
Ask yourself how you felt before, during
and after



EATING TIL 80% FULL

Don't eat til your completely stuffed
Slowing down will help eating til 80% full
Reflect on how you feel when you're
eating
Rate your satiety levels
8/10 or above, maybe stop eating
2-5, take a bite. Pause reflect again



FOOD JOURNAL

What gets logged gets improved
Take notes on what you eat and at what time each day

Monitor how you feel throughout the day and after each meal

Can you notice any trends or patterns?

What foods don't agree with you?

What foods make you feel great?



ALCOHOL

Alcohol is a sedative - preventing processes in the brain and after some time can help us fall out of consciousness. Losing consciousness through sedation and sleeping naturally are not equal though. Alcohol can fragment sleep, meaning that without realising it we might be waking many times during the night which can lead to fatigue the following day. Alcohol can also block rapid eye movement (REM) sleep which helps us consolidate memories. If we are trying to learn and commit new things to our memory, an interruption of REM sleep can slow down or stop this process.

It's easy for us all to get into the mindset of 'needing' things. "I need a coffee to start the day" or "I need a drink to get me to sleep". These needs are actually habits and a change of mindset and gradual behaviour change might be more beneficial than the quick fix.

Alcohol also has 7 calories per gram, there for can affect our body composition.

What is the healthiest alcohol? The one you can enjoy in moderation and move toward/maintain your goals
Simply be mindful and drink responsibly!

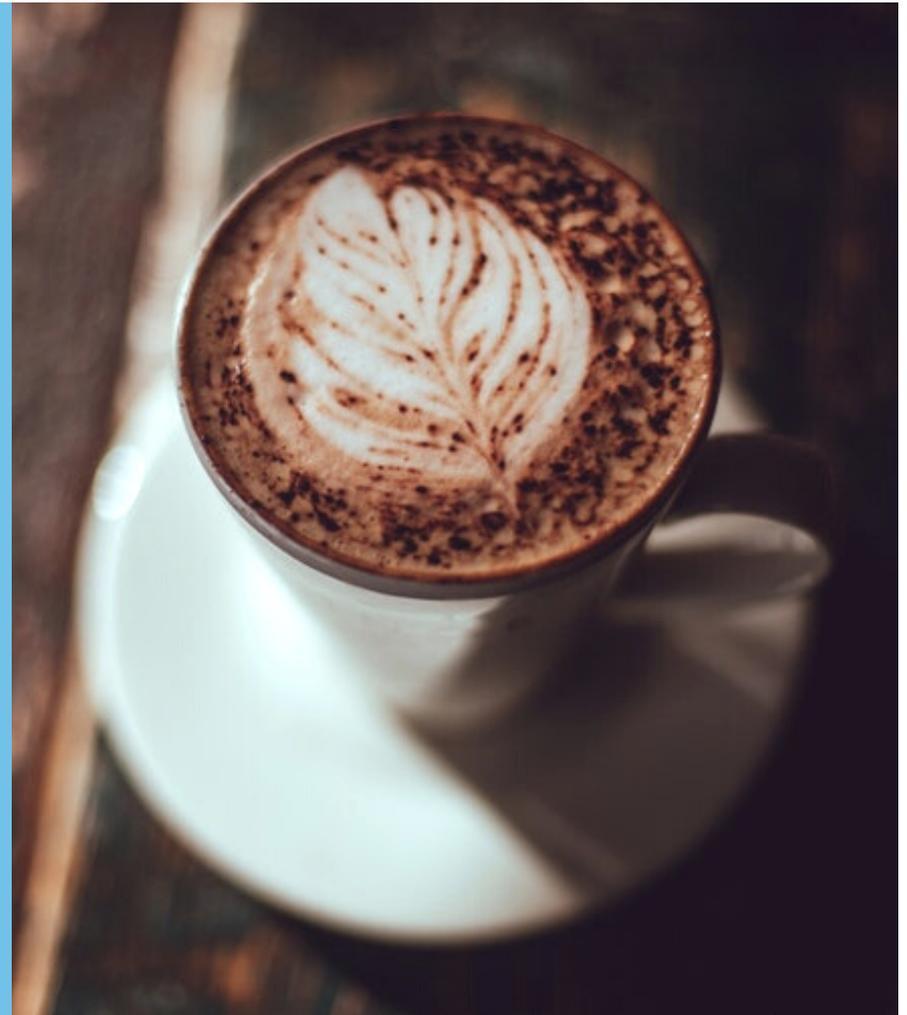
CAFFEINE

Along with our body clock which tells us when it's time to sleep, a chemical called 'adenosine' also builds up in our brain to make us feel sleepy.

Adenosine builds up from the time we wake up and continues to build until we sleep. For most people, after 12-16 hours of being awake, the adenosine has built to the point where we want to sleep. Caffeine blocks the signals that adenosine is trying to give us so that we don't realise how tired we really have become. The problem is that although we might stop feeling the adenosine, it continues to build and the minute the caffeine wears off, we can experience the full force of that built up adenosine - a caffeine crash.

We all feel the effects of caffeine in varying degrees and for varying lengths of time. Generally, after about 5-7 hours of consuming caffeine, about half will be out of our system. So keep in mind the time of your last coffee for the day, if you drink a coffee at 6pm, half of the caffeine could still be affecting you at midnight when you're trying to sleep.

Also remember the decaf is not 'no caf'. Decaf generally still contains about a third of the caffeine of a normal coffee.





FINDING BALANCE

How do you balance out your nutrition to allow for social function and fit indulgences into your health and fitness goals? Well there is the Trade off.

If you eat a calorie dense meal that you'd class as an indulgence meal, aim for the meals around that to be based on Protein and NDF. Maybe scale back on the carbs and fats for that day.

This will help level out your caloric intake for that day.

If there are meals that aren't in your control (eg. going to your in laws, going to a set menu function) then make good choices full of nutrient dense foods at the meals where you are in control.

Plan ahead.

Look at your schedule.

Make good choices when you are in control.

Scale back on some meals to allow for increased calories later on.

Find the balance.

WRITING MEALS AHEAD OF TIME

Another extremely useful and underrated tool is to simply write down the meals you plan on consuming ahead of time.

This could be done one day to even a week in advance.

Writing your meals out ahead of time will:

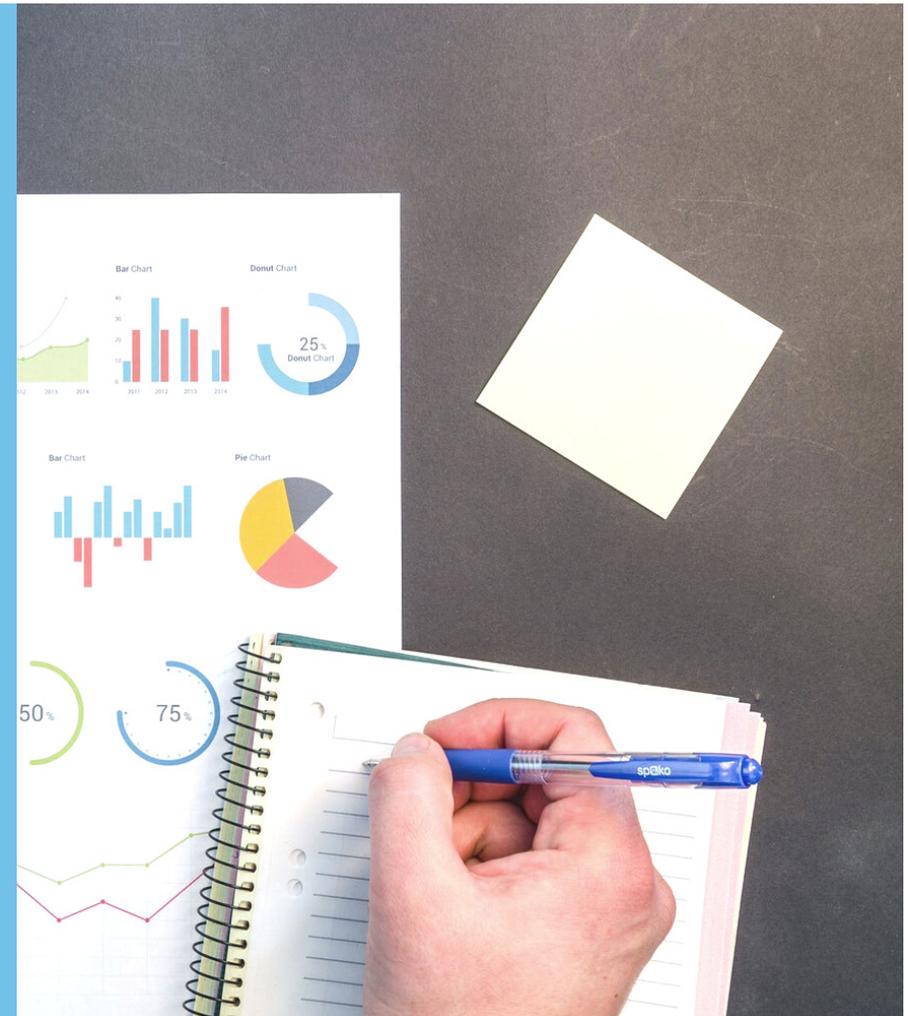
- Take the guesswork out. You won't need to think about what you're going to prepare, cook or create.
- Reduces the amount of decisions you need to make
- You can then check where you're getting your protein and nutrient dense foods in, whether you're having your carbs around training, etc.

This saves you time but also requires less effort each day as you have a plan already set out.

Coming up with ideas on the spot, cooking, preparing, battling with temptations, etc all requires energy. Energy that you could focus on other areas of your life.

Plus it provides you with accountability to stick to the list you're written out.

PS: Ensure that the list includes meals and foods you enjoy



CONTROL YOUR ENVIRONMENT

Your Food Environment is like your 'Nutritional Subconscious'.

Managing your food environment has the potential to make eating for your goals easier and takes willpower out of the equation. With some proper planning and minimal upkeep, you can manipulate your environment in such a way to cause you to think about food a little less, reduce the number of temptations you face, and make it easier for you to make better choices.

Food Environment Guidelines For Success:

If it's not immediately in your environment, you're probably not going to eat it. In some cases, the best decision might be to not purchase something in the first place.

Keep the calorie-dense, low-satiety food (chips, cakes, lollies, chocolates, ice-cream etc.) in less visible and less convenient locations.

If you want a nutrient-dense food to be prevalent in your diet, make it prevalent in your environment.

For example, keep a fruit bowl in plain sight in your kitchen so you can easily see AND access it.

Keep refrigerated vegetables on the front and middle shelves of your refrigerator, and keep more calorie-dense refrigerated items near the back and on top or bottom shelves

Generally speaking, food variety may increase food consumption. Keep a wide variety of foods you want to eat more of (like fruits, vegetables, and lean protein sources), and keep a narrow variety of indulgence foods.

If you are serving food out of large bowls/containers, do not keep the serving bowls at the table. Leave them on a counter or in the kitchen so you have to portion your food on your plate and bring the plate to the table. This makes it less likely that you'll keep adding more food to your plate.

CONTROL YOUR ENVIRONMENT

Make building new nutritional habits easier and make continuing old habits more difficult.

What This All Comes Down To:

Foods that you should be eating MORE of need to be more visible, more convenient, more prevalent, and of greater variety in your environment.

Foods that you need to eat LESS of should be less visible, less convenient, less prevalent, and of lower variety (in some cases nonexistent!) in your environment

What you purchase determines what ends up in your food environment. Make sure you purchase a variety of the foods you want to eat more of, and make sure you limit the foods you want to eat less of. When you bring those foods home, take the time to display or position them accordingly in your food environment.



WOMEN'S NEEDS NUTRITIONALLY

OILY FISH

-Oily fish: rich in long chain omega 3 fatty acids, which help to keep heart health thriving. For pregnant women this is important as the omega 3's are essential in babies eye and brain development. Fish sources include: Wild caught everything!

- Salmon
- Snapper
- Mackerel
- Sardines
- Herring
- Tuna

FIBRE

Along with reducing the risk of bowel cancer having a high fibre diet lowers the risk of heart disease and type 2 diabetes. Fibre intake is essential to gut health, and improve bowel movement regularity. The recommended dosage of fibre per day is 30g, on average an Australian Woman eats about 1/2 of that at 15g per day or less. The best sources of dietary fibre include:

- Potatoes (skin on)
- Oats
- Beans
- Nuts and seeds
- Nutrient dense fruits and vegetables

Tips for an easy increase in your daily fibre intake

- Mix up your carbohydrate sources, brown or wild rice, quinoa and buckwheat alternatives are a great start.
- Fresh fruit cut up in breakfast or salads
- Adding in some beans to a meaty dish i.e. mexican mince add some kidney beans in
- Keeping the skin on potatoes
- Read the nutritional value labels for fibre content of foods per serving

VIT & MIN

Vitamins A, B6, B12, C and D daily, and the minerals Iron, Zinc, Magnesium and Calcium should be taken in through diet and/or supplemented each day. B12, Zinc and Magnesium.

The benefits we get from each of these are: Iron level support, Blood cell health, Immunity, Thyroid function, Cardiovascular health, Blood pressure regulation, Cholesterol production and sleep quality.

WOMEN'S NEEDS NUTRITIONALLY

IRON

As women have a much higher requirement for iron as they have that lovely thing called a period every month! The RDI for iron in women compared with men is double. Periods use up our iron reserve, especially if your period is heavy or you have a diet already lower in iron.

How to increase your daily iron intake: You don't have to go crazy eating all the red meat or drinking all the iron tonics, but you do have to be a little bit more mindful with the iron you are including in your diet when you are looking to increase your dietary intake. Some good sources of iron come from both plant and animal based sources, the obvious being red meats, in particular offal meats like livers and hearts. This may not be your cuppa tea so my suggestion to increase your iron intake is this handy little tip, with your meals protein and vegetables add lemon to the veggies, the vitamin C content allows the iron in the greens to be easily absorbed alongside the proteins.. give it a go!

CALCIUM

Most women have a low amount of calcium in their diet, this is the opposite of what it should be as calcium is the key to longevity in the bones and teeth, as well as maintaining a healthy functioning nerve and muscle system. Women are at risk of osteoporosis at an increased rate over men as we age (fragile bones).

Some of the best sources of calcium come from things like milks and yoghurts, but also leafy green vegetables- broccoli, cabbage and kale, and for the vegos out there things like tofu also have a good amount of calcium in them. The last source is one we have brought up a few times already but all power to the oily fish, not only will we be boosting our omega 3 intake but the calcium we get from fish like sardines is great.

Try and incorporate a variety of calcium sources in your diet, rather than sticking to just one.



TIME SAVING

Here are a few tips to get your time back.

Slow cook your meats

Roast your vegetables and fill your over

Make more meals than you think you need

Cook extra dinner for leftovers

Even prep your breakfast in advance and
in bulk

Split your tasks over the weekend. Don't
shop and cook all on one day

TOOLS TO MAKE LIFE EASIER

A few investments early on can really pay off in the long run. Here are a few items to make shopping and prepping easier

Slow Cooker

Rice Cooker

Blender

Silicon Tray

Sharp Knives

Tupperware



HABIT BUILDING

Habits account for 40% of our behaviours
They are our automatic behaviours that we don't need to think of doing.

Your life is the sum of your daily habits. We are what we repeatedly do. The more often we do something, the easier it becomes one it is formed as a habit.

When trying to build positive habits, start small. So small that you don't need any motivation.

Break big habits into smaller habits.

Start with taking your lunch to work each day.
Making extra dinner.

Make small improvements every day. Don't underestimate the significance one change each week will have.

If you make 1 improvement every week for 10 weeks you are further along than if you made 5 changes at once and burnt out after 5 weeks.

Plan for barriers. Don't expect to fail but plan for how you might deal with it to get back on track

HABIT BUILDING



BREAKING BAD HABITS

All bad habits start slowly and gradually and before you know you have the habit, the habit has you.

Identify habits that need changing
Identify what you get out of it so you can find healthier options
Find a replacement for the unhealthy habit

Remove triggers, change your environment if necessary



HAVE PATIENCE

Habits take time to establish and break so give yourself some grace and focus on positive self talk



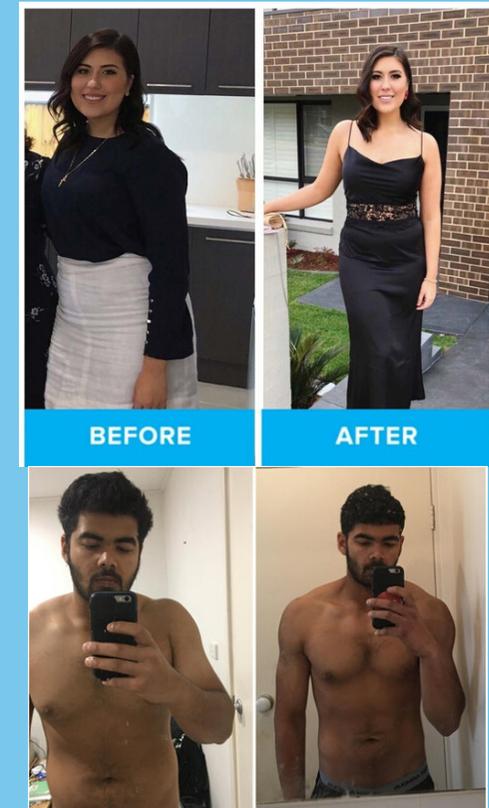
COMMON MISTAKES

Don't change everything at once
Start small, make it so easy you can't say no

Making life harder for ourselves by not changing our environment

1 ON 1 NUTRITION COACHING

1 on 1 nutrition coaching with FNC includes:
Customised meal template written based on your goals, lifestyle, training schedule and personal preferences
Initial video consult, at a time which suits you, to develop strategies to help implement the template successfully and check progress
'Five Ingredients of Fortitude'
Recipe Book
12 months access to Team FNC Community where we host weekly webinars and share exclusive content.
NEW Addition of 48 Nutrition Education Lessons spaced out over a 12 week period
Education on the role of each macronutrient, ideal portions, sources and timing strategies both through coaching and regular, easy to digest emails
Weekly check ins, accountability, support and feedback with your personal nutrition coach
Individualised coaching based on your knowledge of nutrition, coaching skills, available time, preferences and goals
Habit based coaching focused on long term success with the option of:
Nutrition improvements without counting Calories (or)
Learning to track Macros/Calories, weighing and measuring food (or)
combination of both
Monthly Consults via Facetime / Skype, at a time which suits you



FOR \$41 PER WEEK

8 WEEK EDUCATION PROGRAM

The Fortitude Nutrition Coaching 8 Week Education Program is run through a series of email and video lessons.

The 8 Week Program includes 48 Lessons spaced over 8 weeks covering:

- Macronutrients (Protein, Fats, Carbs & NDFs)
- Mindful Eating Strategies
- Goal Setting
- Rating Hunger
- Social Eating
- Sleep
- Caffeine and Alcohol
- Reading Labels and Menus
- Hydration and much more...

The program is step-by-step covering the fundamentals of nutrition in a logical sequence. You will receive 6 emails per week, however these are not time consuming. We understand you are all busy people and should take a maximum of about 3-5 minutes per day to read.

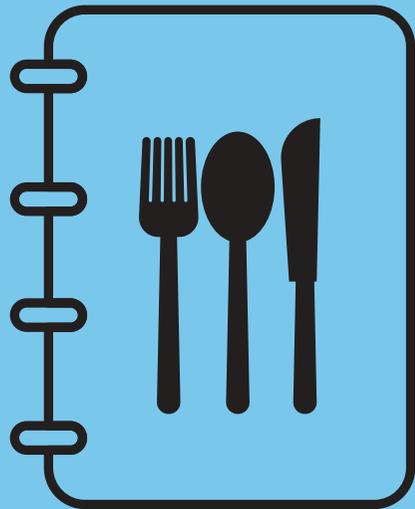


FOR ONLY \$88

COSTS LESS THAN 3 COFFEES A WEEK



THANK YOU
FOR MORE INFORMATION
FEEL FREE TO CONTACT US:



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