ATHLETES' FUEL

NUTRITION PACKAGES

NUTRITION

CONSCIOUS EATING

**FOOD FIRST. SUPPLEMENT SECOND.
FUEL YOUR BODY.**



YOUR NUTRITION START

26.000 FT IN-PERSON
23.000 FT ONLINE

WHAT'S INCLUDED?

- **1x50-minute in-person** or online consultation, including the evaluation of lab results and medical reports (not older than 3 months), as well as discussing any questions or concerns
- **Analysis of a 3-day food diary** without exact nutrient values (providing kcal, protein, carbohydrate, and fat in grams and per kg body weight)
- **Personalized dietary recommendations** and **supplement suggestions**
- **Recommended lab tests** with a list of suggested parameters sent via email
- **One follow-up consultation** via email within 2 weeks



YOUR NUTRITION DEEP DIVE

58.000 FT IN PERSON
55.000 FT ONLINE

WHAT'S INCLUDED?

- **1x50-minute in-person** or **online consultation**, including the evaluation of lab results and medical reports (not older than 3 months), as well as discussing any questions or concerns
- In-depth analysis of a **3-day food diary** with precise values (calories, protein, carbohydrates, and fat, in grams and per kg body weight)
- Personalized **dietary recommendations** and **supplement suggestions**
- **Recommended lab tests** with a list of suggested parameters sent via email
- A **list of safe, evidence-based supplements** sent via email
- A comprehensive **50+ page nutrition guide** sent by email
- **Ongoing email support** to answer any questions within 3 months
- **1x50-minute follow-up online consultation** within 3 months



PERSONALISED MEAL PLANNING

TYPE 1 TRAINING / REHABILITATION

(via the Nutrtium app, with personalised shopping list)

1 week meal plan: 22.000 Ft
2 week meal plan: 37.000 Ft
4 week meal plan: 62.000 Ft

TYPE 2-3 TRAINING / SPECIAL DIET

personalised notes on supplements and fueling strategies
(via the Nutrtium app, with personalised shopping list)

1 week meal plan: 29.000 Ft
2 week meal plan: 51.000 Ft
4 week meal plan: 91.000 Ft

Fueling strategy plan: 15.000 Ft
Meal plan consultation outside of initital consultation: 12.000 Ft / 30 min



MEAL PLANNING

IMPORTANT INFORMATION

- The **structure and composition of the meal plan** will be discussed during the consultation.
- **During the consultation**, you'll also have the opportunity to take a look at the software before deciding whether you'd like to request a meal plan.
- The meal plan is created using **Nutrium software**.
- For multi-week plans, you will receive the meal plans on a **weekly basis**.
- The t**iming of meals and snacks is personalized** and adapted to your training sessions and competitions.
- Energy and macronutrient calculations are **tailored to the requirements of different types of training**.
- In the more detailed option, I include **personalized fueling suggestions** and **notes** within the meal plan.



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MEAL PLANNING

IMPORTANT INFORMATION

- The difference between the two types of diets is the calculation of the **nutritional needs of different training days** (e.g. 2-3 hours of running/30 minutes of strengthening/resting) and the development of specific diets
- The more detailed nutrition plan includes comments about the **intake of supplements** (e.g. vitamins, minerals)
- Once a week it is possible to modify the diet (e.g. **further modificatio**n for an additional fee of 3.000 HUF)
- The shopping list for a given week can be found in the **mobile app**, which is created by the Nutrium software
- It is also possible to create and manage the shopping list manually in the app



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MEAL PLANNING





IMPORTANT INFORMATION

- You will receive the meal plan in PDF format, and it will also be available in the mobile app.
- The PDF document includes the description, ingredients, and precise nutritional values of all the recipes in the meal plan, broken down per serving and per 100 grams, so you can easily reuse them later.
- The weekly meal plans are delivered within 3–5 working days.
- Express delivery of the meal plan is available for an additional fee of 5,000 HUF.

ATHLETES' FUEL

MAIN SPORTS REFERENCES

ATHLETES' FUEL

Sports nutrition consultation, meal planning

Magyar Labdarúgó Válogatott // Ferencvárosi Torna Club // Puskás Ferenc Labdarúgó Akadémia // Magyar férfi kézilabda-válogatott // Magyar női kosárlabda-válogatott // Szekszárdi Jégmadarak // Kelen SC // Meton-FC Dabas // A Jövő SC-FCSM // Budai FC // Vasas SC // Szekszárdi Kerékpáros S.E.

ISAK anthropometric body composition measurement and analysis

Puskás Ferenc Labdarúgó Akadémia // Aqvital FC Csákvár // ESMTK Labdarúgó Egylet // Sportdiagnosztikai, Életmód és Terápiás Központ (SET), Debrecen // Nemzetközi Teqball Szövetség (FITEQ) - Qatch, Teqvoly // Honvéd Magyar Futball Akadémia // Budapesti Honvéd Sportegyesület // DVTK Labdarúgó Akadémia // FTC Női Labdarúgás

Catapult ClearSky installation and system training

FTC Kézilabda Akadémia // NEKA // Soproni Darazsak Kosárlabda Akadémia // Rátgéber Kosárlabda Akadémia // DEAC Kosárlabda Akadémia // MTK Sándor Károly Labdarúgó Akadémia // Honvéd Magyar Futball Akadémia Playertek Team-Plus rendszerhasználati betanítás

Playertek Team-Plus system training

Diósgyőri Labdarúgó Akadémia // FC Tiszaújváros // DVTK női labdarúgó csapat // FTC női labdarúgó csapat // Soroksár SC // ESMTK Labdarúgó Egylet // Dorogi FC // MOL Fehérvár FC // Kisvárda FC // Főnix Gold FC // Budafoki MTE

Sports performance testing

MLSZ felnőtt női labdarúgó válogatott // MLSZ utánpótlás női labdarúgó válogatott // Nemzetközi Teqball Szövetség (FITEQ) - Qatch, Teqvoly

Catapult Vision, VEO system training

ETO Kézilabda Akadémia // FTC Kézilabda Akadémia // Soproni Darazsak Kosárlabda Akadémia // Rátgéber Kosárlabda Akadémia

Software and website translations

Playertek Team-Plus // Hudl Sportscode



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