ATHLETES' FUEL

SPORTS NUTRITION PACKAGES

SPORTSNUTRITION

CONSCIOUS EATING

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

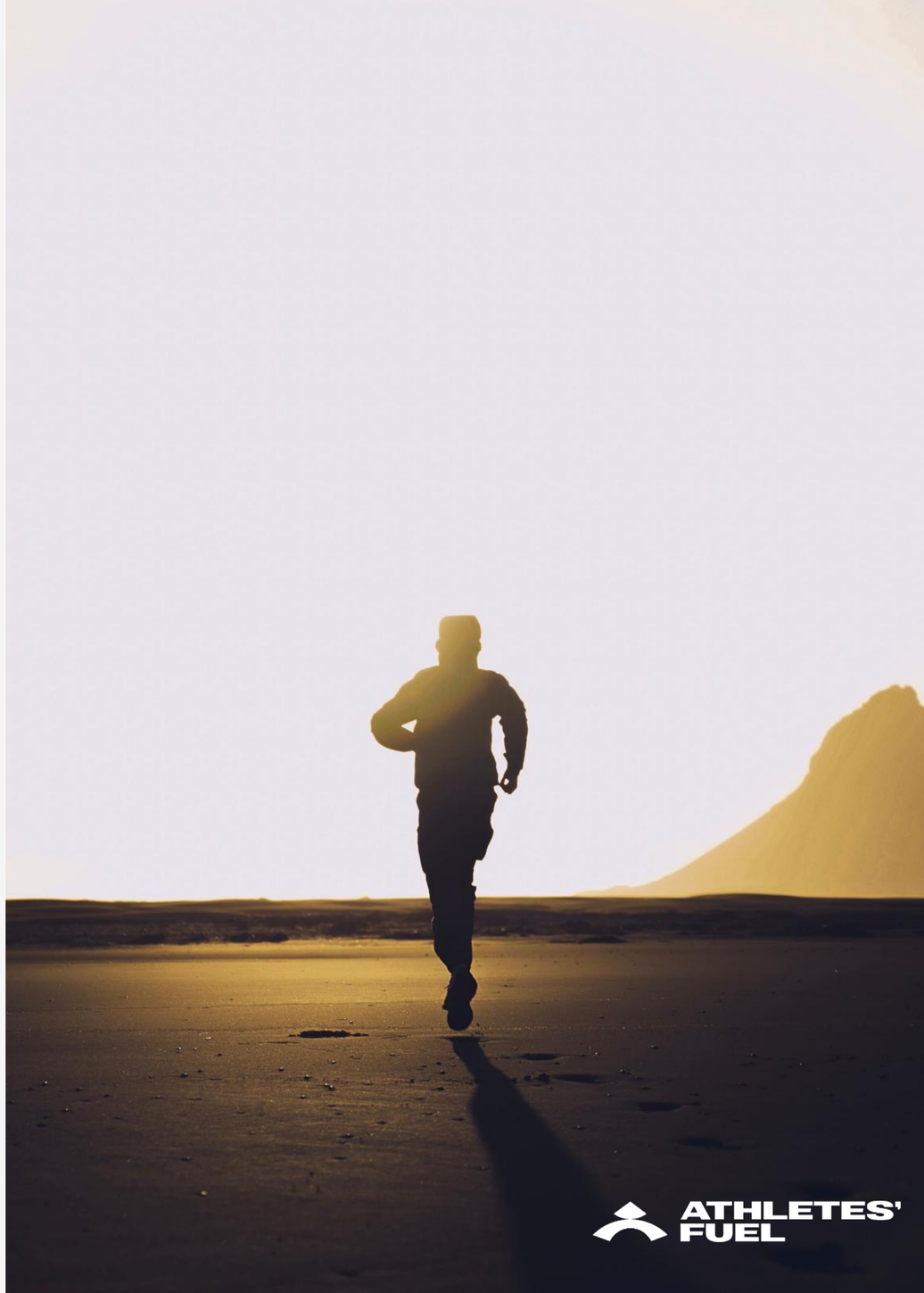


BASIC PACKAGE

32.000 FT - IN-PERSON
29.000 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



PRO PACKAGE

71.000 FT - IN-PERSON
68.000 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 Nutrium 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 Nutrium 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



ATHLETES' FUEL

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.



ATHLETES' FUEL

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

ATHLETES' FUEL

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



info@athletesfuel.hu
+36 30 447 84 81



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