

# NUTRITION WITH NAT

## SEMINAR

PRESENTED BY NATALIE NEWHART  
CrossFit Games & Physique Athlete



## MACROS 101

### INFO:

#### DATE

Date is specific  
to your gym

#### Location

Your Home Gym

#### Cost: Free

Option to Signup for  
1-on-1 Nutrition Coaching  
After Seminar

### TOPICS:

- What are macros?
- Paleo vs Meal plan vs Macro plan
- What to eat? Why to eat it?
- Most important rule of fat loss
- Eating to look good vs eating for performance
- Pre and post workout nutrition
- How dieting can make you fatter
- Why most diets fail
- Nutrition tips and myths
- Recommended supplements
- How to get the body you love
- Q&A

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