

NUTRITION WITH NAT CLINIC

PRESENTED BY NATALIE NEWHART
CrossFit Games & Physique Athlete

MEAL PREP 101

INFO:

DATE

Time & Date Varies
on Gym

Location

Your Home Gym

Cost: \$49

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

TOPICS:

- Meal Prep for People in a Hurry
- No Prep Meal Prep
- What to Buy, Where to Buy It
- How to Cook It
- Equipment Essentials
- The Rule of 2s
- How to Log Food into MFP
- Hands-on Application
- Common Mistakes when Tracking
- Meal Prep Tips
- Q&A

****LIMITED TO 10 PEOPLE****

SIGN UP AT WWW.NATALIENEWHART.COM