



Spartan Nutrition provides a personalised experience and ensures long-term progressive results. Their Online Coaching includes the key tools to create specific structure and a program geared towards individual goals, providing direct support throughout your journey. Spartan Nutrition teaches people to be healthy both mentally and physically and most of all to develop a healthy and good relationship with their food.

Like CFJ, Spartan Nutrition is lifestyle focused, knowing that it is consistent work and discipline that bring about change that “quick fix” or fad can’t begin to. Their service is online and allows you to be in constant contact with your nutrition coach on every step of your journey. See below, choose your plan and begin building a better you.

## **MONTHLY PACKAGE**

### **Weekly Check-Ins, support and adjustments with nutrition.**

This package consists of Nutrition Plans, Supplementation Advice and suggested food lists. On the monthly you have access to your coach for help with all your queries and guidance for all things nutrition.

## **DIY NUTRITION LIFESTYLE TRANSFORMATION PACKAGE**

### **Structured Nutrition Plans based around you**

1 month free support, including weekly Check-Ins for accountability and support. This package consists of Nutrition Plans, Supplementation Advice, Daily Nutrient Intake & Management of Foods, Re-feed, Meal Breakdown, Diet Guidelines, Q&A's, Flexible Dieting Strategies.

## **COST**

DIY Nutrition Lifestyle Pack – R 3000.00

Monthly Package – Individual rate R 1750.00

Monthly Package – Couple rate R 3000.00