



Hi,

Thank you for purchasing the “starter pack of 1 month unlimited nutrition advice”

Allow me to briefly introduce myself. My name is Amelie, I used to be a high level judo athlete and now I’m a certified dietitian working mainly online with people from all over the world. I will personally take care of your nutrition plan and guide you to your nutritional goals.

You should have received following documents, if this is not the case please contact me by sending an email to nutrition4combatsports@gmail.com:

- Intake document
- Food diary
- Example food diary
- Cooperation agreement_web based

Intake document

To start I need a lot of information about you. In the ‘intake document’ you will find questions. It is important to answer everything as detailed as possible.

Food diary

To tailor make your nutrition plan I also ask you to keep a food diary for 4 days. You can start with this already tomorrow. Keeping a food diary is quite simple, you just write down everything you eat or drink during 4 days as detailed as possible. The more details you give the more accurate I can work. The best way to do this is to when you eat/drink something immediately record it. If possible check the weight of everything you eat and drink, if not use indications of quantity like amount of spoons, cups, glasses,.... Adding product names and brands is always helpful. Besides writing what you ate and drank I also need to know what trainings you did during the 4 day period. In attachment there is an example of how to fill in a food diary and you can use the template.

Cooperation agreement

It’s a document listed in terms and conditions on the website. I recommend you to read it. Please sign it with name and date, if you agree with everything it says and send it back to me.

What’s next

As soon as I get the question list and food diary, we can schedule a first video call. I usually use Skype but we can also use another platform if you wish. In this call I’ll ask you some additional questions based on your answers of the intake document and the food diary. After I’ll make you a nutrition plan and you can get started.

If you have any questions or concerns please don’t hesitate to contact me.

Kind regards,

Amelie