



# Wolfpack Wellness

## PACKAGE OPTIONS

1

### 1:1 Nutrition Coaching (Full)

Detailed weekly check-ins, with individualized responses. Responses are your choice of a meeting, or email including a voice note (most popular). Includes Wolfpack Eats, meal plan portion customized to your macro targets.

Who is this for?

Anyone who wants more than just numbers. Whether you are experienced or new to, if you are looking for support, encouragement, accountability, nutrition education, meal prep/cooking tips, meal suggestions, etc. this option is for you.

\$165 plus tax/month

2

### 1:1 Nutrition Coaching (Light)

Brief weekly check-ins, followed by individualized responses. Responses are brief, primarily focused on macro target suggestions. (Wolfpack Eats not included but is available as an add-on option.)

Who is this for?

Anyone who is experienced with tracking macro targets, meal prepping, etc. and just needs a number guideline to follow.

\$85 plus tax/month

3

### Wolfpack Eats

Recurring monthly newsletter subscription, dedicated to providing new meal ideas and recipes each month. You will receive an email on the first of each month in E-Book form.

Each month will include:

Two full days of brand new recipes

(Two breakfasts, two lunches, two dinners, and two snacks)

Meal Prep Tips & Grocery Lists

Generic Meal Plan Suggestions

\$12.95 plus tax/month

### Contact Information:

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