

# **NUTRITION SERVICES**

GetItSorted Health and Fitness

**Nutrition &  
Lifestyle Consultation**

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**\$60**

**Online Nutrition &  
Lifestyle Consultation**

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**\$50**

One video call, one month email support

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**Macronutrient Profile**

What macros you should be consuming

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**\$40**

**Standard**

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**\$110**

**Competition  
Bodybuilding Diets**

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**\$120**

**Pre-Competition Diet**

Final week complete plan, including training

**\$200**