



BEARDEDBITES PROGRAM



SERVICE	DETAILS	TIME (If applicable)
Meal plan for full training camp and daily weight check ins	<i>Initial assessment of fighter - calculating their calories, workout rate, weight loss goal, food scheduling based on workouts, food plan recommendations</i>	3.00
	<i>Daily weight check ins, adjustments if needed, constantly checking in on their well-being ie. mood, sleep quality, energy levels, working closer with them as the fight approaches to ensure everything is properly aligned such as weight cut and overall well being of their body both physically and mentally ie hormones in check like leptin (energy expenditure hormone plays a factor when trying to lose weight)</i>	5.00
Total Hours		8.00
Weight Cut - starting 10 days out with proper water cut (bathtub and blankets)	<i>Driving to them the diuretics - Uva ursi and dandelion root, providing them with laxative smooth move tea</i>	2.00
	<i>Constant instructions of food timing and preparation</i>	2.00
	<i>Travelling to their fight a few days early to help with the water cut</i>	3.00
	<i>Starting water cut day before weigh ins, waking up early on weigh in days to cut water weight</i>	4.00
Total Hours		11.00
Rehydration post weigh in with proper micro nutrients served in shakes	<i>Sourcing & preparing water, BCAAs, nuun active tablets, dextrose, salt, coconut water and post weigh in snacks like Cheerios and dried fruit</i>	1.00
	<i>Calculating the proper amount of micro nutrients going into the shake and preparing the shake This is a very meticulous process as ensuring I have to properly put the right measurements into the solutions to ensure a proper recovery</i>	1.00
SERVICE total		2.00
Recovery/replenishment post weigh in leading into the fight where I will be present and cooking all your meals - coaching you on meal timing	<i>Calculating fighters total glycogen, putting together food schedule for post weigh ins and fight day</i>	2.00
	<i>Shopping for groceries</i>	2.00
	<i>Cooking each meal fresh for the fighter</i>	3.00
Total Hours		7.00
OPTION TO WORK REMOTELY WITH FIGHTER. PLEASE ASK ABOUT OUR REMOTE PRICING & PROGRAM		
**PRICING IS A CASE BY CASE BASIS DEPENDING ON WHAT THE EXACT NEEDS ARE FOR THE FIGHTER		
AT WHICH WILL BE DISCUSSED ON THE INITIAL CALL OR MEETING**		
GRAND TOTAL HOURS		28.00