

LifeBaseHQ

# Nutrition Program Quick Start Guide

90 Days to a New, Healthier You!



[www.lifebasehq.com](http://www.lifebasehq.com)

-  No Prescriptions
-  No Pills
-  No Shakes
-  No Crash Diets

★★★★★ Tens of Thousands Helped!



## Lose 20% of Body Fat in 8 Weeks While Maintaining or Gaining Muscle!

Our program has been tested and proven in market for nearly a decade on thousands of people to bring you the ultimate plan to shedding fat while building muscle!

### Step 1: Personalized Nutrition Plan

When you join, you're going to get a nutrition plan designed specifically for YOU. You'll receive a meal-by-meal breakdown based on your activity level, history with food, and health goals.

### Step 2: Nutrition Education

We're going to help you build a better relationship with food, and teach you healthy habits that you can use for the rest of your life. Sustainability, and the ability to understand how nutrition impacts your health, are keys to long term success.

### Step 3: Food Tracking App

Our mobile app is the easiest way to track meals and understand the nutrition you're putting in your body. Food tracking, and body composition, data are combined to power our technology. Seeing what you eat is also the only way a coach can really help you. This is how we know exactly how to make necessary changes to your nutrition plan.

### Step 4: Data-Driven Nutrition Coaching

As you progress through the program, and your metabolism begins functioning properly again, your nutrition plan will need to be modified. Your personal nutrition coach takes your food tracking, and body composition, data to make necessary changes in your plan to continue losing fat without sacrificing muscle!



↓ 54.6 lbs fat loss    ↑ 7 lbs muscle gain



↓ 24 lbs fat loss    ↑ 4 lbs muscle gain



↓ 90 lbs fat loss    ↑ 5 lbs muscle gain

Step 2:

## Nutrition Education & Resources

After completing your 1st consultation, you'll be emailed a link to access our onboarding series. It will teach you the basics of nutrition and how to navigate the LifeBase user app.



### Nutrition Tips of the Week

- Build a foundation of nutrition habits that last a lifetime
- Exclusive weekly SMS and email content
- Learn the ins-and-out of healthy food choices to reach your goals



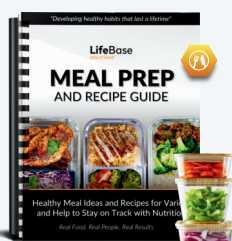
### LifeBase App Training

- Discover how to navigate the LifeBase app and log meals fast
- Step-by-step video tutorials to learn at your own pace
- 24/7 access, available whenever you need it



### Nutrition Playbook

- All-in-one ebook to master the basics of nutrition
- Guides for fast food, training day, and grocery shopping
- Printable PDFs to have with you at all times



### Meal Prep & Recipe Guide

- Loaded with tasty, healthy meals
- Our best tips for mastering weekly meal prep
- View on your phone or print a hard copy for the kitchen

LifeBaseHQ



Weight Loss Plan	✓	✓	✓	✓
Healthy Recipes	✓	✓	✓	✓
Nutrition Resources	✓	✓	✓	✓
Food Tracking App	✓	✓	✓	✓
Meal Scoring	✓	✓	✗	✗
Nutrition Education	✓	✗	✗	✗
Personal Coach	✓	✗	✗	✗

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Scan me!

## Start Your 90-Day Transformation Today!

It all starts today - Pay for 90 days up front, set initial goals, and get started with a personalized nutrition plan.

## Month-to-Month After 90 Days

After your initial 90 days, meet with your coach to plan your next steps and create new goals to keep making progress.

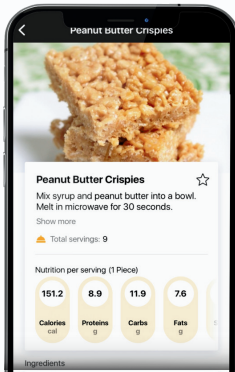
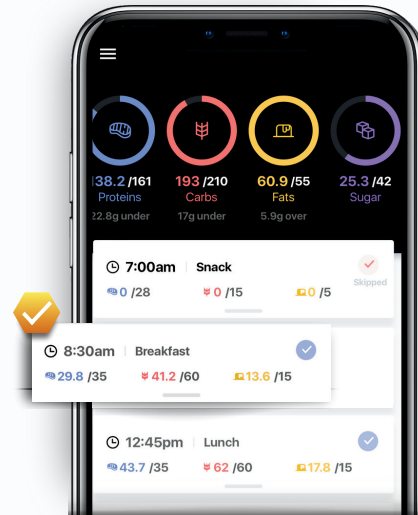
## Results Guaranteed!

If you track your food at 90% or better, we can guarantee you'll see amazing results with our nutrition program.

Step 3:

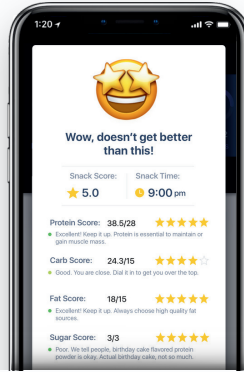
# Best-in-Class Food Tracking App

Your personal nutrition plan will be automatically added in your app so you can easily track your meals through the day.



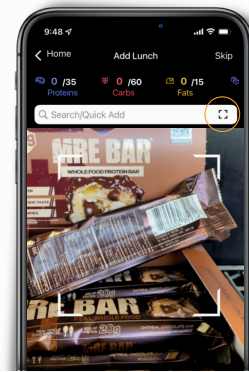
## 1. Built-In Recipes

Browse our healthy recipes to keep variety and flavor in your weekly meal planning.



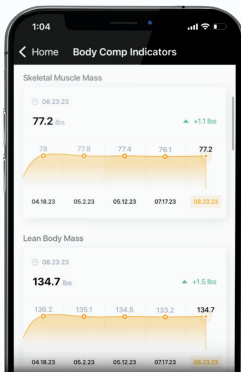
## 2. Meal Scoring

Get instant feedback after you've logged a meal to see how close you were to hitting your macros.



## 3. Label Scanner

Quickly see nutrition facts and log your food with the built-in food label scanner.



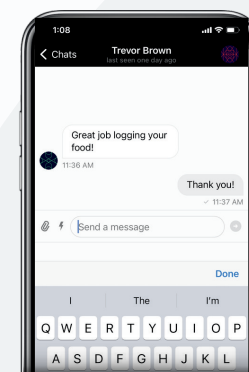
## 4. Track Results

A history of body composition data is at your fingertips to track progress over time.



## 5. Water Tracker

Drinking an adequate amount of water is important for overall health. This makes it easy!



## 6. Coach Messenger

Contact your coach at any time with questions about nutrition or your meal plan.

## Step 1:

# How We Create Your Nutrition Plan

The LifeBase platform is truly unique in the fact that we design a plan specifically for YOU. Answer a few questions about your current activity levels and your health goals. Our software combines your answers with your body composition data. This allows your nutrition coach to create the perfect framework for your nutrition.

## Targets for Every Meal

Structure is key with your nutrition. You will know exactly what to eat at every meal to lose fat, gain or maintain muscle, and improve water ratios.

## Number of Meals

You're provided with a designated number of daily meals based on your activity level and health goals. Adjustments can be made as needed to meet your criteria and specific needs.

## Other Factors

We even create benchmarks for your daily sugar and fiber intake. Daily water goals are also set for you to track in the LifeBase app.

	Proteins	Carbs	Fats	Calories
Breakfast	• 56	• 75	• 25	• 749
Lunch	• 49	• 60	• 15	• 571
Snack	• 35	• 15	• 5	• 245
Dinner	• 49	• 60	• 15	• 571
Bedtime snack	• 35	• 15	• 5	• 245
<b>Total</b>	• <b>224</b>	• <b>225</b>	• <b>65</b>	• <b>2381</b>

Sugar per day	45	Sodium per day (mg)	2300
Fiber per meal	7	Vegetables per day (cups)	2.5
Water per day (oz)	166		

Jane D.  
Coach

