



# NUTRITION<sup>TM</sup> FACTORS

Client Membership

# What is Nutrition Factors?

**Nutrition Factors** is a HIPPA compliant nutrition, fitness, and wellness platform developed to personalize your wellness experience and improve your health. Access our community of Dietitians, Nutritionists, Health Coaches, Fitness Trainers, Holistic and Wellness Providers to receive personalized coaching, curated meal plans, and individualized workout plans.

*Key Features Include:*

## **Personalized Coaching**

- Personal Coaching via Telehealth
- Expert Meal Planning
- Individualized Workout Plan
- Weekly Check-Ins
- Motivation and Accountability

## **Nutrition and Meal Planning**

- 7 Day GRID Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- Meal Prep Guide
- Shopping List and Grocer Links

## **NF Grid Gym Fitness App**

- Online Coaching for Individualized Workout Plans
- Virtual Personal Trainer w/ over 4000 Exercises
- Activity Tracker
- Body Composition Monitor

## **Learning Library**

- Nutrition Factors Library
- Classes and Courses
- Weekly Webinars



# Nutrition and Meal Planning



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# 7 Day GRID Meal Planner

*Build meal plans that you will love!*

With Nutrition Factors, you gain access to an easy-to-use *7 Day GRID Meal Planner* managed by your Coach. The platform is uniquely adaptable, allowing you or your Coach the ability to effortlessly pick and choose the right meals per your needs. Import new recipes or tap into our global database of prepared meal plans.



## ***GRID Layout***

Visualize the nutrition and dietary outline of each day through our grid-patterned layout. The 7 Day GRID Meal Planner makes it easy to recognize the strengths and weaknesses of each day, allowing the Coach an easy way to balance the weekly meal plan.



## ***Recipe Database***

Access thousands of recipes that easily integrate into your meal plan. Upload, organize, save, and share your own recipes to your own personal recipe database. Recipes can be sent to a meal plan and uploaded into a shopping list.



## ***Shopping List and Grocer Links***

Export your weekly meal plan as an itemized shopping list to make meal prep easier. Shopping Lists can also be uploaded into your favorite Grocer's website for store pick-up or delivery.

# Global Database of Meal Plans

*Tap into our evergrowing database of Meal Plans prepared by our community of Dietitian and nutrition experts.*

Search, browse, and import meal plans specific to your dietary needs. With a large selection of prepared meals at your fingertips, you'll always have the answer to the question, "What's for dinner?"

The image features a woman in a dark blazer smiling, positioned on the right side. In front of her are three devices displaying the Nutrition Factors website interface:

- Desktop Monitor:** Shows a woman with blonde hair and glasses looking at a laptop. The laptop screen displays a promotional banner for "LOSE WEIGHT with the Grid Diet™" featuring a woman's midsection and the text "THE BEST ESSENTIAL OILS ON THE PLANET".
- Laptop:** Displays the "Nutrition Facts Online Library" with a grid of food items including Apples, Apricots, Artichokes, Asparagus, Avocado, Banana, Beans-Dried, Beans-Fresh, Beets, Blackberries, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Cantaloupes, and Carrot.
- Tablet:** Displays a "Choose a Recipe Database:" section with a grid of various food images.

The Nutrition Factors logo is visible in the bottom right corner of the laptop screen.

A photograph of two women in a gym, both in a starting crouch. They are facing each other and giving each other a high five. The woman on the left has blonde hair in a ponytail and is wearing an orange tank top. The woman on the right has dark hair in a ponytail and is wearing a white tank top. The background shows gym equipment and large windows. The entire image has a green tint.

# GRID Gym App



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# Online Coaching for Individualized Workouts

*Achieve your fitness goals with the GRID Gym App.*

The GRID Gym App allows your coach to create an individualized workout that can be accessed anywhere, anytime. Coaches create workout plans tailored to meet the needs and lifestyle of the client while tracking progress using real-time data.



## ***Virtual Personal Trainer***

Access to over 4,500 exercises!  
Learn how to do exercises correctly from a virtual workout buddy. Use our database with thousands of 3D-animated exercises to create workouts for every type of goal.



## ***Connect with Wearables***

Leverage the integration with wearable activity trackers or a body composition monitor that tracks body weight, body fat, body water, muscle mass and visceral fat.





# Learning Library



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# Nutrition Factors Library

*Explore the hidden treasures found in wholesome foods, vitamins, and minerals.*

Expand your nutrition knowledge by exploring over 1,000 pages of nutrition about the health benefits of fruits and vegetables, vitamins and minerals, and the glycemic index.

Take advantage of a continual stream of new content of webinars, blog posts, newsletters, classes and courses.



## ***Weekly Webinars and Recorded Trainings***

Attend one of our weekly webinars to learn how to use the available tools. Missed a webinar? No worries as we have you covered. Each webinar is recorded and made available through our On-Demand Library.



## ***Classes and Courses***

Ask your Coach about available Classes and Courses.



A photograph of a person's hands using a laptop. The laptop screen shows the Nutrition Factors website. The website has a navigation bar with links for GRID DIET, RECIPES, GYM, LIBRARY, COURSES, BLOG, and SIGN-UP. A large white box with a black border is overlaid on the screen, containing the word 'Memberships' in a large, white, sans-serif font. Below the laptop, the Nutrition Factors logo and name are visible at the bottom of the image.

# Memberships



# Getting started with Nutrition Factors

*Invest in yourself and your health.*

Couple Nutrition Factors with custom coaching to manage your health, weight, meal plans and fitness routines. Your personal Coach will provide motivation, structure, and accountability to achieve your goals faster.

## ***Client Access***

**\$9.99 / month**

Clients use this membership to access our world-class nutrition, fitness, and wellness platform for personal use.

*Key features include:*

- 7 Day Grid Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- NF Grid Gym Fitness App
- Nutrition Factors Library



## ***Coaching Fees***

**Custom Pricing**

Receive personalized nutrition and fitness coaching to help you stay on track with your personal wellness goals.

*Key features include:*

- Personal Coaching via Telehealth
- Expert Meal Planning
- Individualized Workout Plan
- Weekly Check-Ins
- Motivation and Accountability

*found in fresh-raw food*

The  
**HEALTHY**  
EFFECT

*Coach on Demand*



*Engage & Connect*

**Questions?**

Contact me at  
[manager@nutritionfactors.com](mailto:manager@nutritionfactors.com)

*80% Nutrition  
20% Workout*

*Wellness Platform*

**NUTRITION**

