



Making your training work for you

As you may or may not know; Training is just the beginning to total fitness. Your proper diet and nutrition play as equal a role as your fitness training. It is as simple as calculating calories in versus calories used during your personalized training; proper ratio of proteins, carbohydrates, and essential fats.

We can do the time consuming counting and calculating for you and create a personalized nutrition program to fit your specific needs.

With our program you have the choice of following your personalized weekly meal planner or choose to have your weekly meals prepared in our kitchen in a ready to heat and eat in your own home packaging. This plan will allow you to have the convenience of fast food with the quality of your own personal Chef that is working in harmony with your personal trainer.

You can choose from our Entrée selections such as

Homemade Turkey Burgers
Grilled Chicken Breast and Garden Vegetables
Home-style Meatloaf with Mashed Potatoes
Grilled Vegetable Quesadillas and Spanish Rice
Seared Salmon Filet
Pasta Primavera with Grilled Vegetables

We can create your personal plan when you are ready to begin.

Contact Chef Ken Sherepita

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