

Whether you want to lose fat,
build muscle, boost strength,
or completely reshape your body,
we have the **perfect program for you.**



PRICE LIST

KT Natural Athletes
registered

Nutrition plan for **1 month** **19 EUR**
Nutrition plan for **3 months** **39 EUR**

- *Designed for your goals.*
- *Coordinated with your individual taste and food preferences.*
- *Example meal plan designed by FIT Sweets by Lori*

Complete plan/nutrition + training + supplementation/and monitoring of results
1 month – 59 EUR
3 months + updates every month – 139 EUR

- *Designed for your goals, physical condition and training level.*
- *Personalized for your daily routine.*
- *Health condition shall be taken into consideration (chronic illnesses, traumas if any)*
- *Detailed description and videos of the exercises.*
- *Feedback and monitoring – optimization of results.*
- *Coordinated with your individual taste and food preferences.*
- *Example meal plan designed by FIT Sweets by Lori*

Skype consultation 30 min. – **20 EUR**
Email consultation, 10 specific questions – **9 EUR**

