



PARTNERING WITH ATHLETES, FAMILIES & COACHES TO FUEL HEALTH & PERFORMANCE

 [@nutrition_with_wendi](https://www.instagram.com/nutrition_with_wendi)

 www.nutritionwithwendi.com

 [wendi_lrlbeck](https://www.x.com/wendi_lrlbeck)

 [Nutrition with Wendi](https://www.youtube.com/NutritionwithWendi)



SPORTS WE WORK WITH

Serving High School, Collegiate & Masters Athletes





**WENDI IRLBECK
MS, RDN, LD, CISSN**

ABOUT WENDI



Wendi is a Registered Dietitian, certified sports nutritionist, lifestyle coach with an M.S. in Nutrition. Wendi specializes in enhancing health, athletic performance with a focus on injury prevention by improving metabolic efficiency using nutrient periodization. She works closely with teen, collegiate, and adult athletes of all calibers. Wendi is a former collegiate athlete, physique competitor, active writer, speaker, mentor, and international thought leader.

Watch how NWW can help you!

www.nutritionwithwendi.com

VIRTUAL NUTRITION COACHING AND PRESENTATIONS

What you can expect from contracting with us for health, fat loss, or sports nutrition?

Expertise

Our Registered Dietitians are nationally certified and have completed all the necessary educational requirements according to the Commission on Dietetic Registration.

Learn

Get a nutrition toolkit with recipes and research-backed information to help build your healthiest life.

Systems

Experience success through accountability, motivation and encouragement in our results-based systems!

Objective

Achieve your desired results with the right information and goals for you.

Convenient

Attend nutrition sessions from the comfort of your home via Zoom or your phone.

Individualized

Nutrition information and guidance designed just for you, because everybody is different.

1-1 Health and Performance Coaching Services

3 months contract
\$950/Month

What's Included?:

- ✓ One 60-min consultation
- ✓ 30-min weekly coaching sessions with a dietitian
- ✓ Review labs, inbody, DEXA scan and body comp goals
- ✓ Custom fueling plan or meal plan specific to goals

6 months contract
\$850/Month

What's Included?:

- ✓ One 60-min consultation
- ✓ 30-min weekly coaching sessions with a dietitian
- ✓ Review labs, inbody, DEXA scan and body comp goals
- ✓ Custom fueling plan or meal plan specific to goals

9 months contract
\$775/Month

What's Included?:

- ✓ One 60-min consultation
- ✓ 30-min weekly coaching sessions with a dietitian
- ✓ Review labs, inbody, DEXA scan and body comp goals
- ✓ Custom fueling plan or meal plan specific to goals

12 months contract
\$699/Month

What's Included?:

- ✓ One 60-min consultation
- ✓ 30-min weekly coaching sessions with a dietitian
- ✓ Review labs, inbody, DEXA scan and body comp goals
- ✓ Custom fueling plan or meal plan specific to goals

NWW Membership Plans

Join our Membership to get all of these resources you need to optimized your Health & Sports Performance

Starter Plan

\$25/Month

What's Included?:

- ✓ Creatine Guide For Young Athletes (PDF and Video)
- ✓ Complete Supplement Guide
- ✓ Monthly Recipes & Handouts
- ✓ Weekly Newsletter

(A \$1,200 Value)

Pro Plan

\$125/Month

What's Included?:

- ✓ Everything in the Starter Plan, plus:
- ✓ Weight Gain + Protein Guide
- ✓ 24-Hour Nutrient Timing PDF
- ✓ 25+ Sample Meal Plans
- ✓ One Live Monthly Webinars (with playback)
- ✓ One FREE 30-minute monthly check-ins

(A \$3,500 Value)

Elite

\$295/Month

What's Included?:

- ✓ Everything in the Pro Plan, plus:
- ✓ Full Access to the entire course and resource library
- ✓ Two Live Monthly Webinars (with playback)
- ✓ One Free Coaching call per month is included)

(An \$8,000 Value)



**MEGAN VONDRASEK, WOMEN'S WRESTLING
ADRIAN COLLEGE ADRIAN, MICHIGAN**

ATHLETE TESTIMONIAL

“Working with Wendi helped me improve my energy and performance beyond the mat. I learned what to eat and how much to eat around matches and practices. Wrestlers have a lot of pressure to maintain weight and Wendi helped me learn how to properly fuel and balance my plate. Every college athlete should work with a dietitian to ensure they are eating properly. Especially female athletes and wrestlers.”





TIFFANY CLEVELAND
MOM OF BRODY (D2 BASEBALL ATHLETE)

ATHLETE TESTIMONIAL

Wendi helped my son gain weight, improve his performance, and prevent injuries. He was one of a few from the team that didn't get sick, which is a testament to how eating a nutritious diet has a huge impact on his immune system. I'm proud to say my son will have the opportunity to play college baseball this fall and we couldn't be more appreciative of Wendi for having a huge part in making that happen. Not only is Wendi an amazing nutritionist, but a Christ warrior too. She helped us through times of high stress related to sports and all that goes with competing at a high level."

NWW SPORTS NUTRITION PARTNERSHIP PLANS

3-month plan

\$4500/Month

What's Included?:

- ✓ **One (60-min Group Presentation) per Month:** Each month, we'll deliver a comprehensive presentation on crucial sports nutrition topics.
- ✓ **Two** (45-minute Group Q&A/Presentations): Q&A sessions for interactive discussions and presentations to address specific needs and questions.
- ✓ **1:1 Athlete Session (Add-on)** : Available at a discounted rate of \$175/hour for a 60-minute session and \$95 for a 30-minute session.

6-month plan

\$3500/Month

What's Included?:

- ✓ **One (60-min Group Presentation) per Month:** Each month, we'll deliver a comprehensive presentation on crucial sports nutrition topics.
- ✓ **Two** (45-minute Group Q&A/Presentations): Q&A sessions for interactive discussions and presentations to address specific needs and questions.
- ✓ **1:1 Athlete Session (Add-on)** : Available at a discounted rate of \$175/hour for a 60-minute session and \$95 for a 30-minute session.

A LA CARTE SERVICES



60-min team presentations

\$1500/Session

What you'll get:

- ✓ Organization receives access to the recording to share out with parents and in email blasts for those not present but also as a resource. (saved in a google drive + slide deck for anyone to access at anytime)
- ✓ Custom resources + graphics with school mascot
- ✓ Recommend 1/month or 1 every 2 months

45-min Group QA

\$999/Session

What you'll get:

- ✓ Get personalized insights on weight gain strategies that fit your lifestyle and goals.
- ✓ Ask about the best supplements and how to make Learn how to make nutritious choices even when you're busy. to support your journey, based on your age and position.
- ✓ Have your questions answered by knowledgeable professionals who understand your unique challenges.

1:1 Athlete Session (Optional Add-on)

\$99/30-min session

\$195/60-min session

- ✓ Get specific answers to your questions about protein intake, calorie goals, and carbohydrate management.
- ✓ Discover what to eat if you have food allergies or intolerances, ensuring you stay on track while feeling your best.
- ✓ This coaching can be included in your contract, or parents can book sessions independently at a special rate.



Working with Wendi helped me understand how to properly fuel my body and that I needed more carbohydrates as a cross country and track and field athlete. We met on ZOOM regularly to review my nutrition, iron levels, and other labs, and she provided me a custom fueling plan. The right foods at the right time helped me gain more energy and speed! I started to recover better after my runs once I followed her plan.

CAROLINE COLUMBIA UNIVERSITY XC

www.nutritionwithwendi.com



Wendi's plan simplify all the confusing nutrition information out there. She is knowledgeable and will help you get to your goal and then some. I changed how I was eating, and sleeping, and I learned the best foods to fuel workouts. I highly recommend NWW to any athlete who wants to gain a competitive edge! I am now 15 YO and 6'3. I have more energy in the weight room, on the field, and in my daily grind as a student." Thank you, Wendi!

ELI HIGH SCHOOL BASEBALL

Key consult findings:

- Skipped breakfast
- Ate little protein
- Muscle cramps, low energy
- 3,000 kcal at dinner (due to low intake during the day)

Nutrition Coaching Results:

- GAINED 10 LBS
- Eating more balanced meals = less intake at night + better sleep
- No more muscle cramps

NUTRITION COACHING RESULTS FOR ADDISON





RUSTY NAIL
MADISONVILLE, TEXAS ATHLETIC DIRECTOR

SPORTS PARTNERSHIP

TESTIMONIAL

“Wendi connected with our athletes and provided them with practical tips to improve their strength, speed, power, and improve their recovery. The presentations helped empower the athletes to know what to eat, how much to eat, and when to eat it. We integrated a fueling station that offers our athletes the recommendations Wendi made. Our football players were less injured during camp and experienced less cramping. I highly recommend the NWW partnership and services to any high school or college out there! Wendi will get you where you want to go and you’ll see huge improvements in 6 months! Her content, coaching, and services are next to none! Thank you, Wendi!”



COACH AND ATHLETIC DIRECTOR, BRAD LAPLANTE

WHAT COACHES SAY ABOUT OUR PARTNERSHIPS

“Your program needs this! Athletes will improve their nutrition and sleep! Trusted nutrition presentations, handouts, QA sessions, and coaching for athletes + parents! NWW is a game changer and a TIME SAVER I highly recommend to anyone wanting to get stronger!”

Coach and Athletic Director, Brad LaPlante out of Hutto, Texas shares why you should invest in nutrition education services to improve the health of your students and athletic performance of your student-athletes!

[CLICK HERE TO WATCH HIS EXPERIENCE WITH US](#)

WORK WITH NWW COACH TO:

- ✓ Enhance performance
- ✓ Improve energy levels
- ✓ Support recovery
- ✓ Optimize hydration
- ✓ Manage timing of meals and nutrients
- ✓ Facilitate body weight changes
- ✓ Achieve desired body composition
- ✓ Focus on injury prevention and recovery
- ✓ Identify and correct nutrient deficiencies
- ✓ Recommend appropriate supplementation
- ✓ Strengthen immunity
- ✓ Manage food allergies and intolerances
- ✓ Alleviate cramping
- ✓ Share cooking techniques and recipes
- ✓ Assist with meal planning
- ✓ Guide grocery shopping for optimal nutrition
- ✓ Foster long-term health and wellness
- ✓ Provide support for eating disorders and disordered eating



MEET YOUR COACHES



Sophia Williams
MS, RD



Wendi Irlbeck
MS, RDN, LD, CISSN



Brenna Dardar
MS, RDN



Madison Wyatt
MS, RD

[BOOK A FREE DISCOVERY CALL](#)

FREQUENTLY ASKED QUESTIONS

HOW TO GET STARTED

Please fill out this **contact form** and the dietician will follow up with you in 1-2 business days or **book a free discovery call** to ask about our coaching services, our sports nutrition presentations, or how can we help you with variety of health nutrition related questions.

HOW IT WORKS? AND WHAT WE COVERED?

Calls takes place over zoom, we have custom meal planning, macro nutrient break down, timing around games, competition dietary preferences, food allergies and intolerances.

HOW LONG IS THE PROCESS?

The process is typically 3-6 mos. for the athlete to learn & understand what to eat? how much to eat? and when to eat.

HOW DOES PAYMENT WORKS?

We provide you a flexible payment options that can be made via credit card, zoom or vennom.

FREQUENTLY ASKED QUESTIONS

I AM NOT AN ATHLETE CAN YOU HELP ME?

We help 8 year old to 80 year olds in their health and wellness goals. You don't have to be an athlete to work with us, we can still help you. We can provide 1-1 for the young/active adults or families who that just want to get healthy.

WHAT WILL I LEARN WHILE WORKING WITH NWW?

We teach our athletes what, when, and how much to eat for muscle gain, fat loss, injury and surgery recovery, performance, tournaments and competitions, and so much more.

WHAT IF I HAVE QUESTIONS BETWEEN CALLS?

In our 1:1 monthly coaching program, you receive access to your dietitian via phone and email during normal business hours for questions and support.

WHAT TOPICS WILL YOU COVER DURING PRESENTATIONS?

We will dicussed creatine, pre-workout nutrition, game day, recovery, protein powders, weight gain, fat loss, and any additional topics your athletes struggle with.



We would love to partner with you to help you/your athletes know **what, how much, and when to eat to perform their best.** Let us take the guesswork out for you and your athletes!

Contact Us Today



www.nutritionwithwendi.com