

Wendi A. Irlbeck

Author, Registered Dietitian, Former College Athlete, Motivational Speaker, Fitness Coach, and Certified Sports Nutritionist



FEATURED IN



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.

Book Wendi to speak to your team

✓ Virtual

✓ In-person

Get in touch with us:

✉ info@nutritionwithwendi.com

☎ 507-202-5287

🌐 www.nutritionwithendi.com

HS & College Sports we worked with:

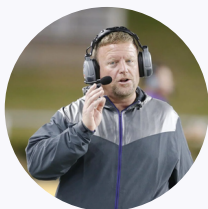
- | | |
|--------------|------------------|
| ✓ Wrestling | ✓ Weightlifting |
| ✓ Swimming | ✓ Cycling |
| ✓ Volleyball | ✓ XC/TF and Golf |
| ✓ Basketball | ✓ Football |
| ✓ Baseball | ✓ Soccer |
| ✓ Hockey | ✓ Tennis/LAX |

Signature Topics:

- Fat loss and muscle gain
- Strength/power nutrition
- Injury prevention
- Muscle gain and body recomp
- Food intolerances
- Plant-based vs vegan
- Nutrient timing
- Supplements
- Eating Disorders
- Fueling games and tournaments
- Hydration
- What to eat after a workout
- Sleep and recovery

Testimonials

"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!"



Rusty Nail
Madisonville, Texas Athletic Director

"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!"



Brad LaPlante
Coach and Athletic Director



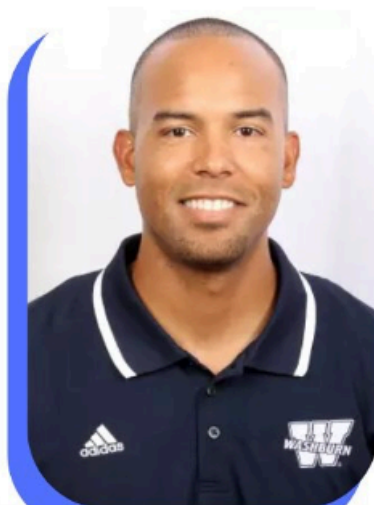
COACH TESTIMONIAL

Cameron Babb

Head Men's and Women's Track and Field and Cross Country Coach



Last year was our best year as a program, and the nutrition component played a huge role in helping us cross the finish line. Thank you for everything you've done for our team!



Champion athletes maximize every meal, snack and opportunity to get stronger!

Sports Nutrition Education Testimonials



A LA CARTE SERVICES

60-min team presentations

\$1200/ 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

\$899/ 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)

\$115/ 30-min session

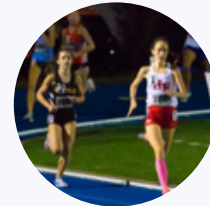
\$225/ 60-min session

- ✓ 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.

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."



Tiffany Cleveland
Mom of Brody (D2 baseball athlete)

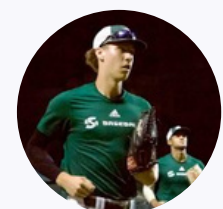


Caroline
Columbia University XC

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.

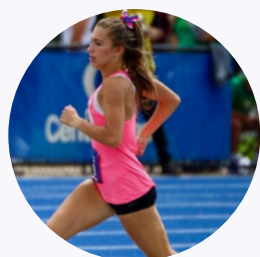
Wendi's program will hold you accountable to improve your strength, power, and overall performance. High school baseball athletes train hard but lack nutrition which holds you back. Especially if you plan to play in college. This program was clear, simple, and easy to follow!



Ryan

Student Athlete Testimonials

"Working with NWW has completely transformed how I fuel and perform. Since starting coaching, I've hit new PRs, feel stronger in training, and my recovery has improved more than I ever expected. I finally understand what my body needs, and I've never felt more energized or confident. This has truly helped me become the best version of myself as an athlete."



Kennedy Moughamian
HS XC/Track Runner

"Working with NWW has completely changed the way I fuel, perform, and recover. I've gained strength and put weight back on in a way that actually makes me feel more powerful on the mound and in the weight room. My energy, hydration, and recovery have all improved, and I finally understand how to eat to support my training. I'm more confident, more consistent, and performing better than ever."



Joseph Contreras
Highest Ranked HS
Baseball RH-Pitcher



After just ONE session of 1:1 coaching with NWW, we're already seeing changes!

My 13yo (XC, cheer, basketball) is now focused on hydration and fueling better before workouts, and my 17yo (football & golf) is excited about healthier swaps instead of soda.

As a mom, it's so encouraging to see them WANT to make changes for their health and performance. I can't wait to see how this journey continues!



Kendra Hendrick
Mom of middle school & high
school multi-sport athletes

"I've always struggled with knowing what and when to eat for my body and performance, and I often felt awful in my own skin. Since starting 1:1 coaching, my eating habits have completely changed I'm fueling my body consistently with the right foods at the right times.

My energy has skyrocketed, I no longer need to nap just to get through the day, and my mood and focus are so much better. My dad and coaches noticed the difference immediately, and I finally feel like I'm performing and recovering the way I should."



Micah Carson
Doane University Track

Get it touch with us



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NWW SPORTS NUTRITION PARTNERSHIP PLANS

3-month plan

\$3,150/ 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 \$225/hour for a 60-minute session and \$115 for a 30-minute session.

6-month plan

\$2,975/ 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 \$225/hour for a 60-minute session and \$115 for a 30-minute session.

Wendi has helped thousands of high school and college athletes nationwide reach their goals!



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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.



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ELITE HEALTH AND PERFORMANCE DOWNLOADS!

SPECIAL OFFER

HEALTH AND PERFORMANCE PLAYBOOK

Over 185 ready-to-use slides packed with detailed nutrition information, including meal ideas, calorie and macronutrient breakdowns, and more.

Ready-Made Content - Instant Access to pre-designed meal plans, macro breakdowns, and detailed nutrition information, saving you valuable time and effort.

A comprehensive resource that covers all aspects of sports nutrition, from pre/post-workout strategies to muscle gain, sleep, and recovery, making it ideal for coaches, educators, and parents.

This resource, developed by Wendi Irlbeck, MS, RDN, LD, CISSN, ensures you're delivering evidence-based information you can rely on.

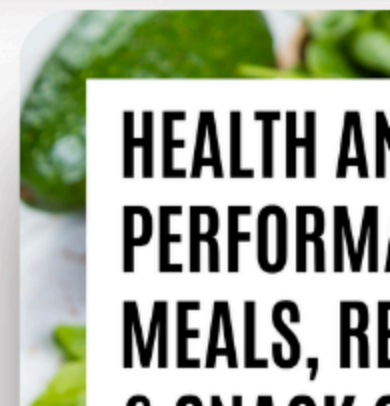


The Complete Nutrition Allergy Guide for Student-Athletes



Football Nutrition

@Nutrition_with_Wendi



GET THE GUIDES HERE