live.

INFORMATION PACK

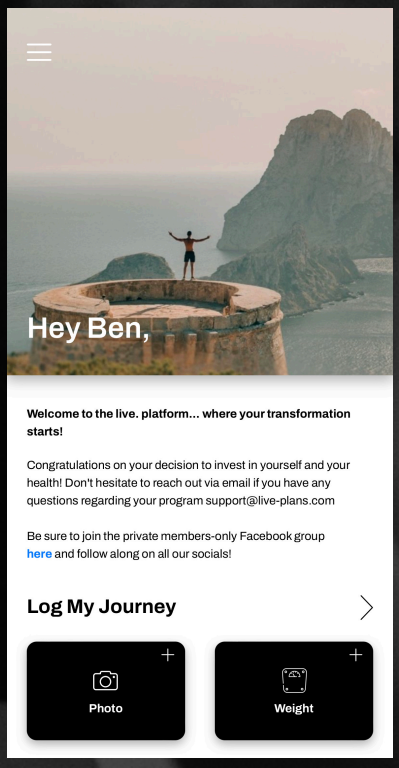
WELCOME!

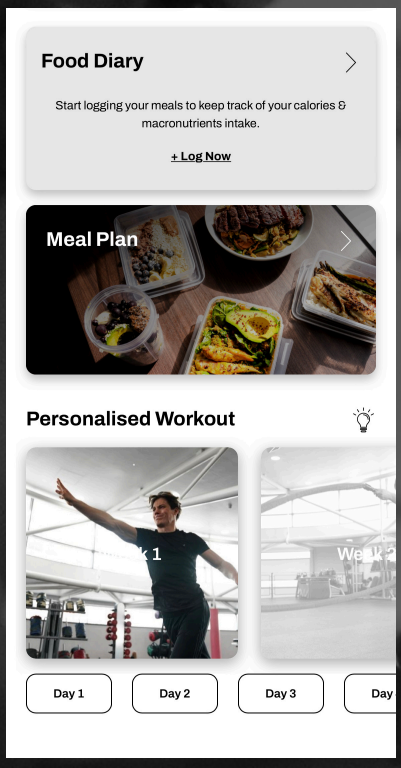
This information pack is designed to give you an inside look at what you will be getting into with one of our plans, also answering any questions you might have before jumping in! Don't worry, I'll keep it brief and stick to the essentials!

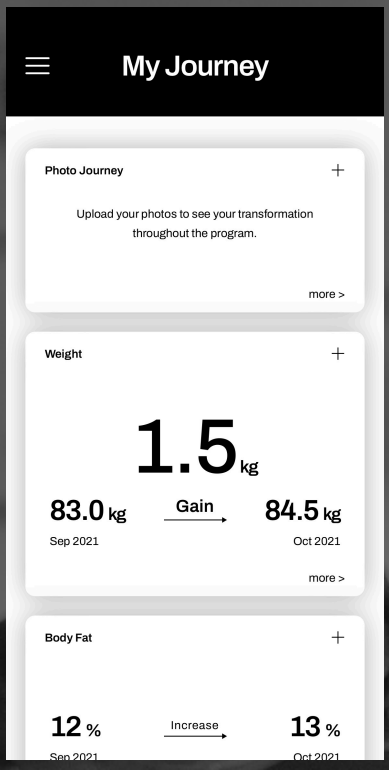
THE PLANS.

There are two plans offered at **live.**, **The Gut Reset** and **The Power Plan**. They have four core pillars: **NUTRITION**, **EXERCISE**, **LIFESTYLE PRACTICES**, and **MINDSET**.

Inside you will find a **personalised and tailored nutrition and exercise program** – unless you are not in a state to train for The Gut Reset, in which case we offer a training-free plan – developed for you and only you… **no two plans are the same**. These are delivered to your fingertips via our very own **live. app**, and evolve with you as you progress to facilitate your goals – reassessed and updated every month!

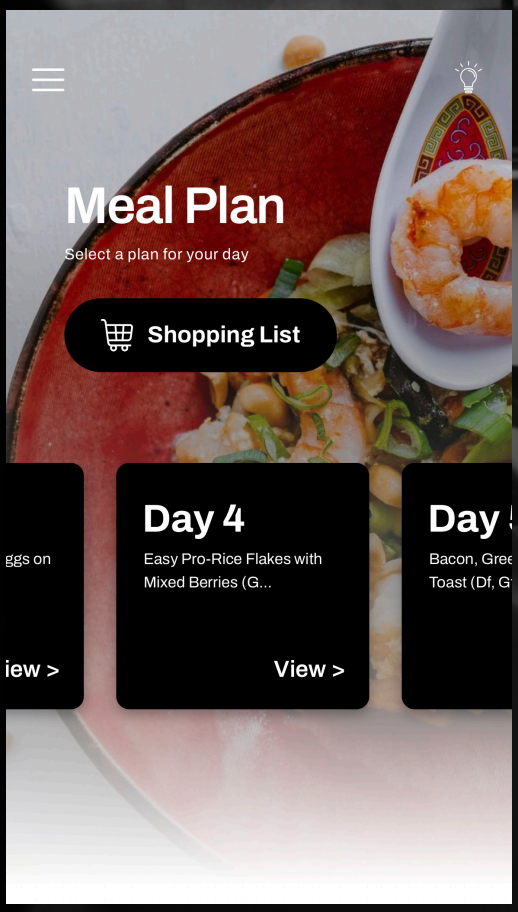


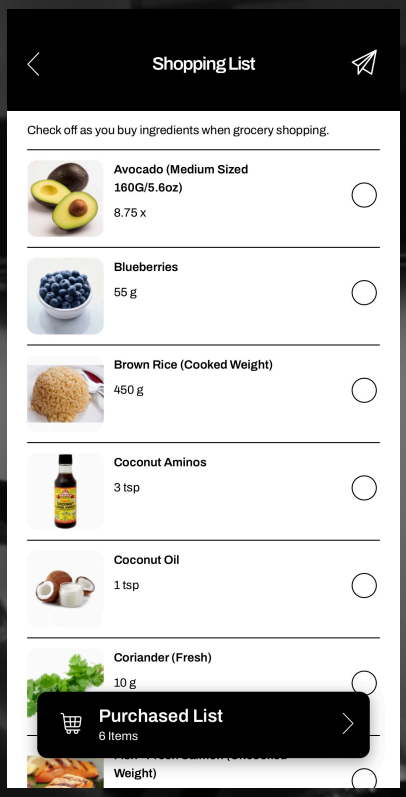


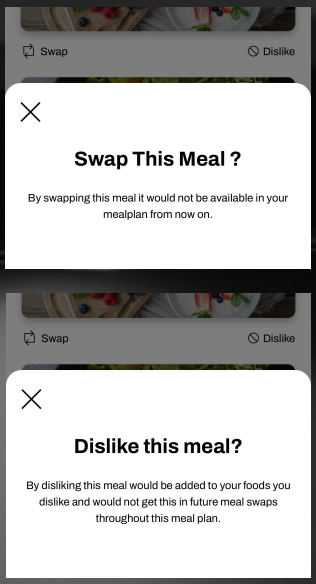


The plans also include an **extensive welcome pack with sustainable lifestyle practices** that allow you to get the most out of your day-to-day life, including morning and night routines, meditation, journaling and planning, goal setting, mindset practices and more! A **detailed supplementation guide** is also provided - with particular emphasis on supplementation in The Gut Reset. A host of other features will welcome you inside, including **exclusive video content, access to a private community group and 24-hour email support Monday to Friday with a direct line of communication with me**

MEAL PLAN.



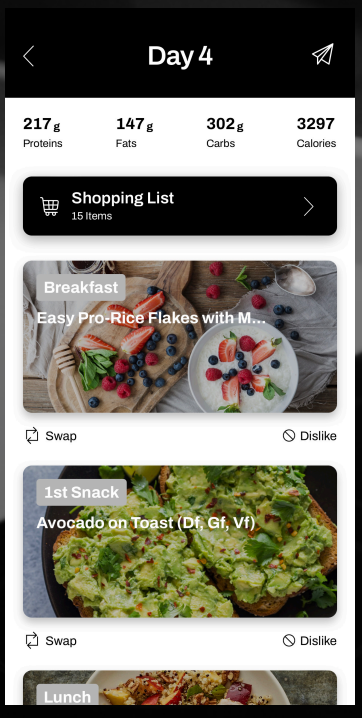


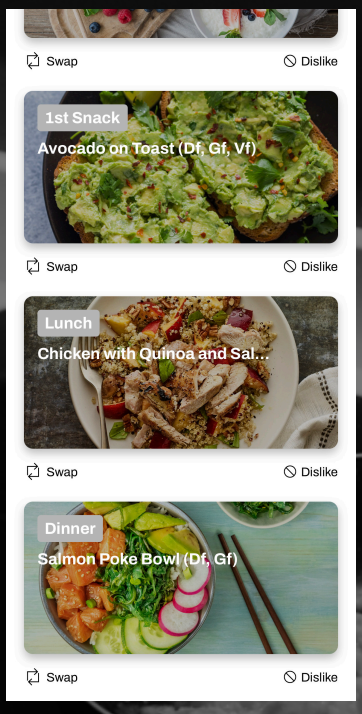


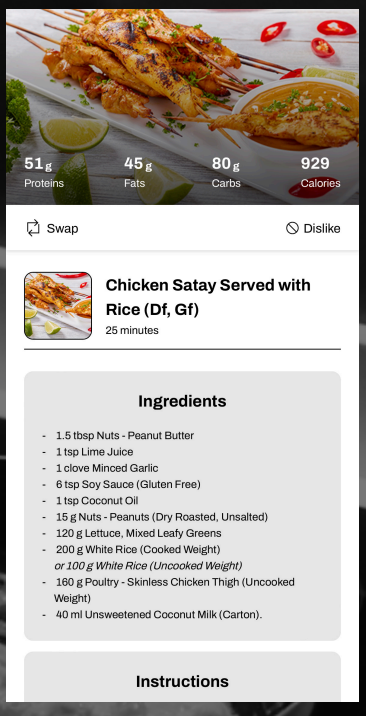
SWAP OUT A MEAL OR DISLIKE IT TO REMOVE FROM FUTUTRE PLANS!

DAILY AND WEEKLY SHOPPING LISTS.
Tick off all of the ingredients in your plan as you walk around the shop! Because you cycle through the same 7-day meal plan for a month, additional ingredients carry into the following week.

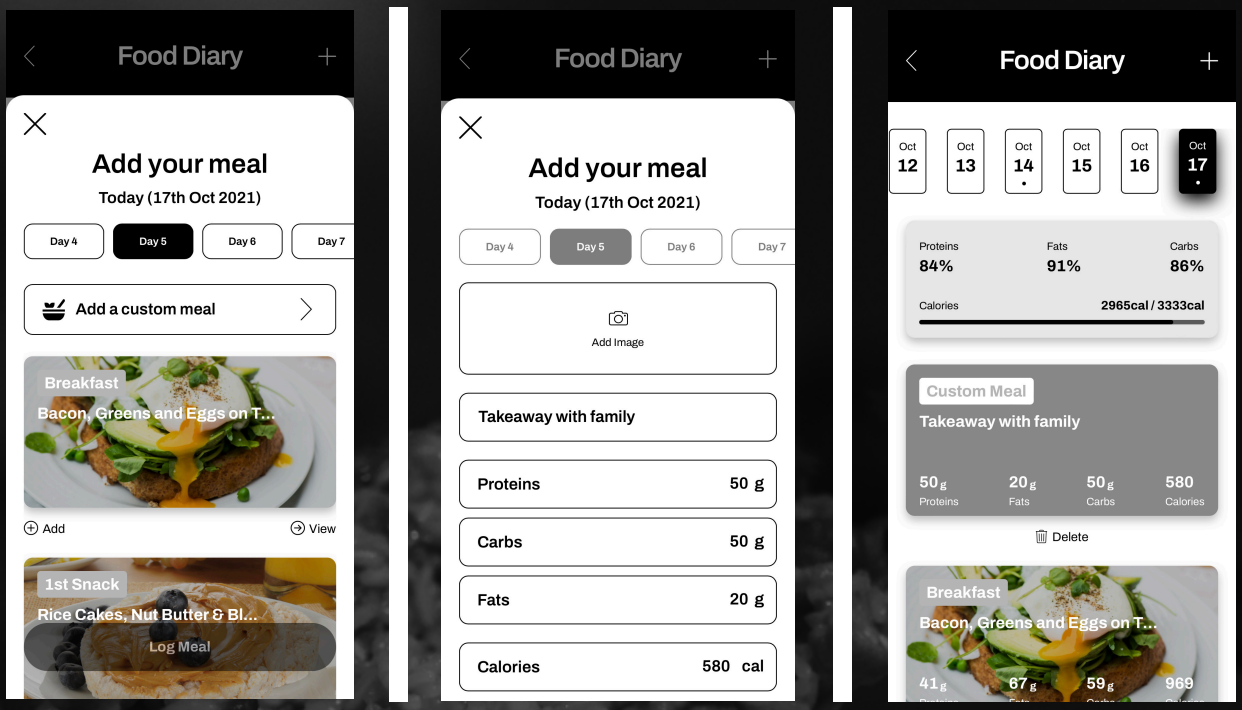
FRESH AND TASTY MEALS that line up with your goals. Not to mention **CALORIE AND MACRO BREAKDOWNS** of both days on the meal plan and individual meals.







A FOOD DAIRY to both tick off meals from the plan and track any meals from outside the plan, should you deviate. At **live.** we understand that occasions come up and we want you to enjoy them, whilst keeping you on track with your goals.



NUTRITION PREFERENCES.

NO MATTER WHAT YOUR NUTRITION PREFERENCE IS... WE CATER TO YOU! Both plans can be tailored to be **regular, vegan, vegetarian, pescatarian, keto, gluten-free, and dairy-free.**

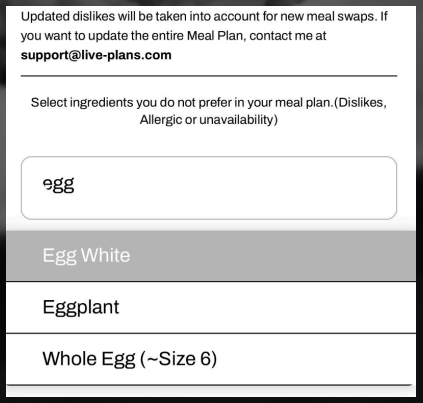
OR ANY COMBINATION IN-BETWEEN! With our dislike feature, you can choose gluten-free pescatarian (i.e.) by selecting a pescatarian meal plan and marking sources of gluten as “dislikes”, and you needn’t worry – we provide you with a comprehensive list of ingredients to dislike. **This is all explained inside the platform and it couldn’t be any simpler!**

STEP 1.

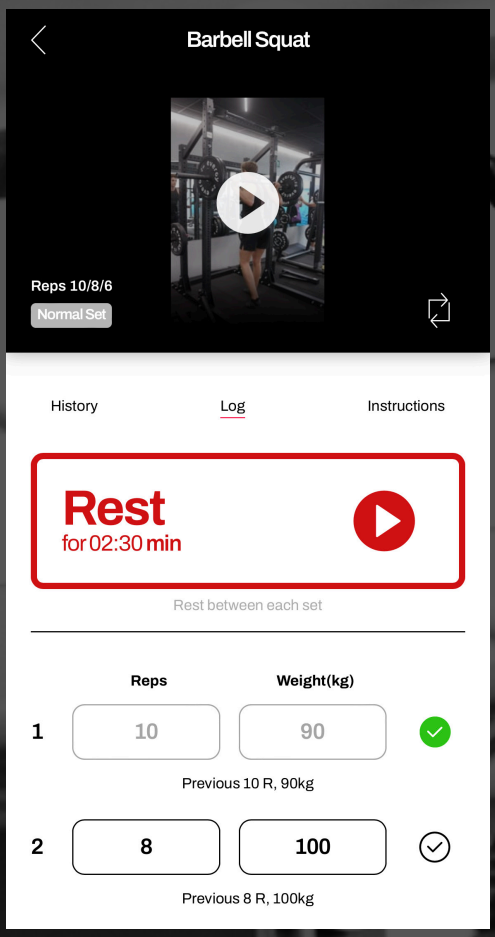
Choose your nutritional preference.

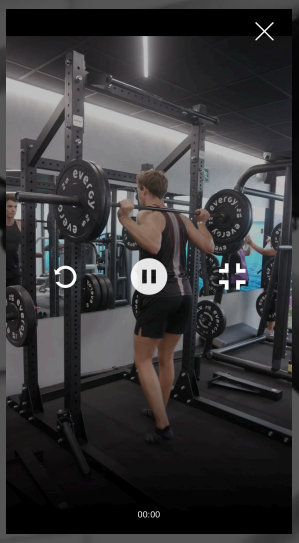
STEP 2.

Tailor to your every need with dislikes.

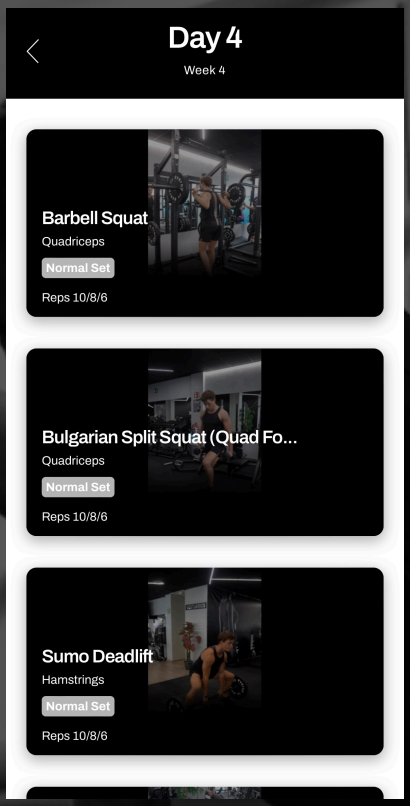


TRAINING PROGRAM.



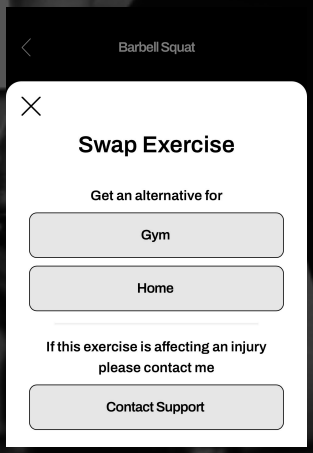


EXPLANATION VIDEOS FOR ALL EXERCISES.

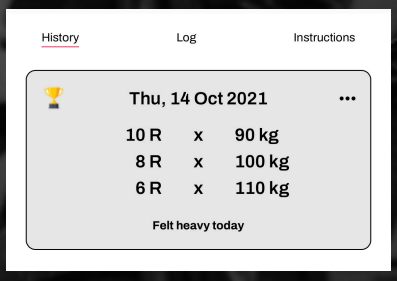


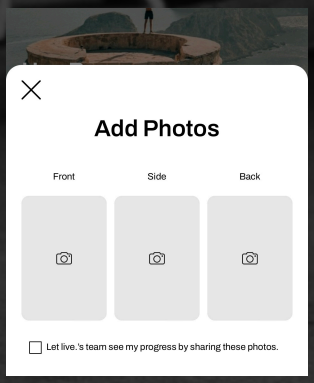
CHOOSE FROM 3 AND 5-DAY PROGRAMS. Personalised according to your goals, your experience level (beginner, intermediate or advanced), and your life situation (home or gym workouts).

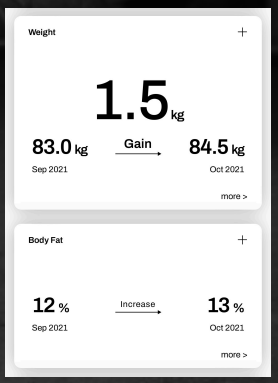
SWAP ANY EXERCISE ACCORDING TO YOUR ACCESIBILITY OR ANY INJURIES.



TRACK YOUR PROGRESS AND CONSTANTLY STRIVE FOR A NEW PERSONAL BEST.







TRACK AND MONITOR your progress!

PROGRESS PHOTOS
BODY STATISTICS
BODY MEASUREMENTS

These allow us to make changes to your meal plan and training program. You can choose if your photos are shared with the **live.** team.

EXCLUSIVE VIDEO CONTENT.

Gain access to the MINDSET VAULT and EDUCATION STATION video series - and additionally, the GET TO KNOW YOUR GUT series for those on The Gut Reset.

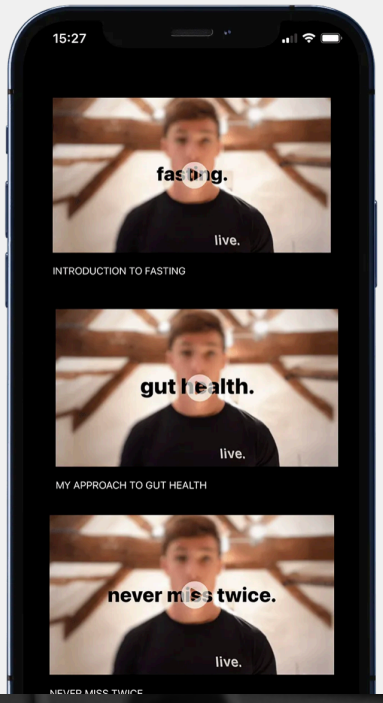
At live. we're not just giving you fish, we're teaching you how to fish. Build your knowledge and understanding of the mind and body with new videos in each series every week.

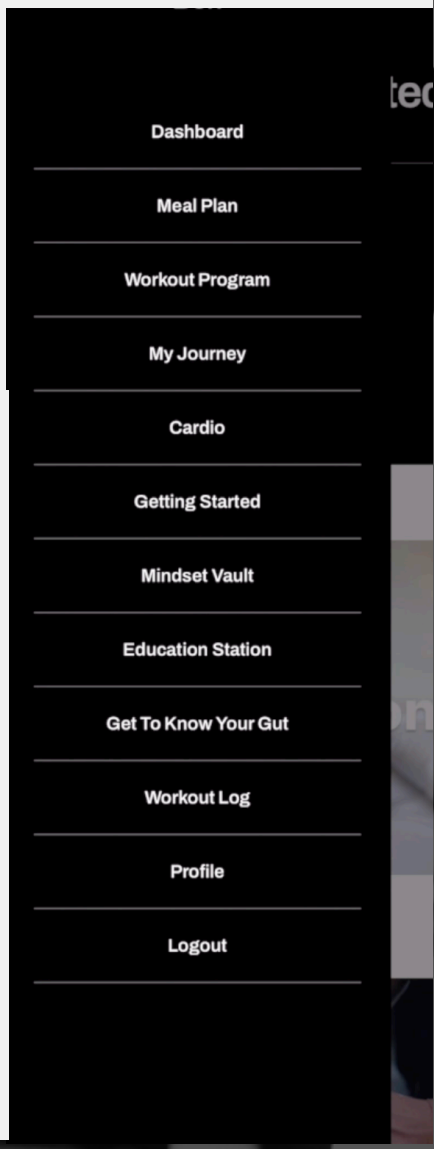
Just some of the videos include:

- ✓ **MOTIVATION**
- ✓ **BALANCE & SUSTAINABILITY**
- ✓ **INTRODUCTION TO FASTING**
- ✓ **MY APPROACH TO GUT HEALTH**
- ✓ **FLARE-UPS**
- ✓ **FODMAP**
- ✓ **NEVER MISS TWICE**
- ✓ **HIT THE RESET BUTTON**
- ✓ **SLEEP**
- ✓ **ENERGY BALANCE**

BUILD YOUR KNOWLEDGE.

Two new videos in each series weekly!





WHICH PLAN IS FOR YOU?

The focal point of **The Gut Reset** is our three-phase nutrition plan that eliminates and moderate's food sensitivities before reintroducing them - including refined foods, sugar, common allergens, and FODMAPs (carbohydrates that are commonly poorly digested). The rate that you move through the phases is entirely determined by your progress and when we feel that you are ready. As simple as I've made this sound, this is a complex process… but that's the idea, to make it simple for you! You'll also be provided with a host of tips and tricks to facilitate digestion and educated on the inter-workings of the gut and how the way you lead your life effects its health - because gut health is about much more than the food you eat! **This plan is exactly what I needed two years ago when I started my IBS journey.** If you are in a position to train, I will also provide you with a personalised training plan to facilitate your fat loss and/or muscle gain goals.

Ready to **REGAIN YOUR INNER POWER? The Power Plan** is designed to help you become the best version of yourself, to take hold of your inner power and improve your overall quality of life - taking you to the next level, no matter where you are now. If you're looking to transform your mind and body, then this plan is for you! Focusing on fuelling you and your training with a tailored nutrition plan that also facilitates your goals - whether that be fat loss, muscle gain, or both! Through the sustainable lifestyle practices found in the welcome pack, we will break through stale existing habits that are holding you back and get you on **a pathway to becoming the best version of yourself.** The Power Plan can also be seen as the next step after The Gut Reset.

PRICES.

The Power Plan

Monthly Plan

£44.99/mo

*Billed every month

- ✓ Personalised Workout Program
- ✓ Personalised Meal Plan
- ✓ PDF Welcome Pack
- ✓ Complete Lifestyle Plan
- ✓ Supplementation Guidance
- ✓ Video Demonstrations
- ✓ Exclusive Video Content
- ✓ Complete Shopping List
- ✓ Dine In/Out Option
- ✓ Allergies/Dislikes Blacklist
- ✓ Workout Log
- ✓ Track your Progress
- ✓ Access to a Private Community Group
- ✓ Ongoing Email Support
- ✓ Cancel Anytime

The Gut Reset

Monthly Plan

£44.99/mo

*Billed every month

- ✓ Personalised Meal Plan
- ✓ PDF Welcome Pack
- ✓ Complete Lifestyle Plan
- ✓ Supplementation Guidance
- ✓ Exclusive Video Content
- ✓ Complete Shopping List
- ✓ Dine In/Out Option
- ✓ Allergies/Dislikes Blacklist
- ✓ Track your Progress
- ✓ Access to a Private Community Group
- ✓ Ongoing Email Support
- ✓ Cancel Anytime

The Gut Reset (with training)

Monthly Plan

£54.99/mo

*Billed every month

- ✓ Personalised Workout Program
- ✓ Personalised Meal Plan
- ✓ PDF Welcome Pack
- ✓ Complete Lifestyle Plan
- ✓ Supplementation Guidance
- ✓ Video Demonstrations
- ✓ Exclusive Video Content
- ✓ Complete Shopping List
- ✓ Dine In/Out Option
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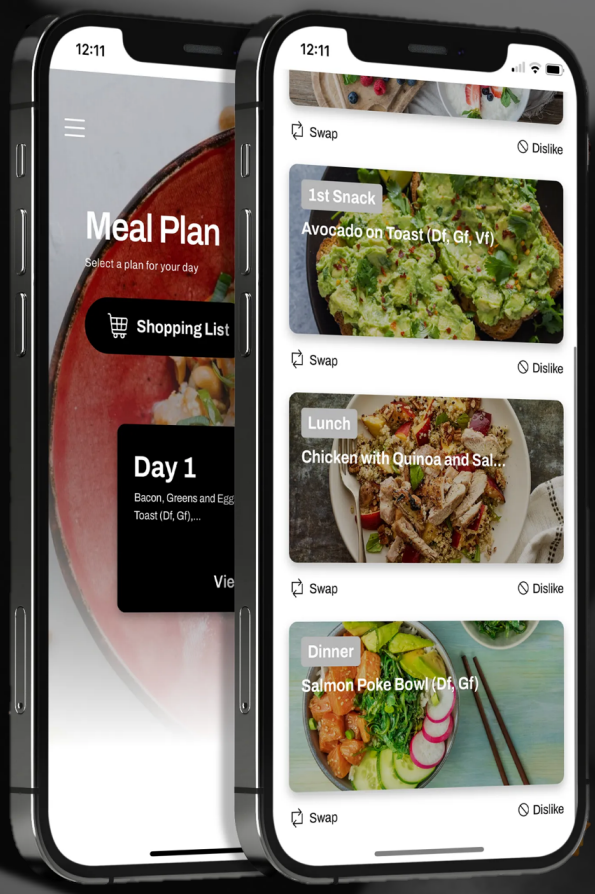
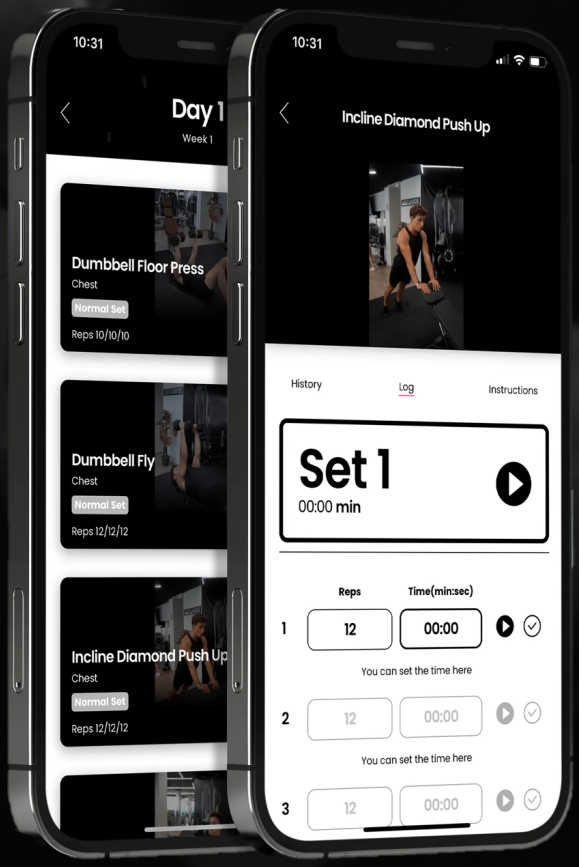


SEE YOU ON THE INSIDE.

LET'S FEEL a-live. together

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