



Strong Beings

BUILD YOUR BEST VERSION WITH US



NUTRITION



WORKOUTS



WELLNESS COACHING



CHECK OUR PLANS AND SERVICES DESIGNED FOR YOU.

SCAN THE QR FOR MORE INFORMATION







# NUTRITION



Our nutrition plan is focused on covering all the needs of our body, including our brain and hormonal functions, guaranteeing the best physical and mental performance of our being.

This nutrition plan is designed from mostly organic foods from nature and as far as possible unprocessed, guaranteed a complete diet rich in micro and macro nutrients that help us build and heal our body.

Under our belief that humans have everything they need in nature and in these times of globalization we can get them more easily thanks to the distribution chains that guarantee them, so we have no excuses to feed ourselves like kings and queens in our time.

Food based on fruits, vegetables, legumes, proteins of animal and vegetable origin, in addition to supplementation if necessary.

Our plan based on data about your physical constitution, activity, motor weaknesses and strengths, aspirations about your performance will allow us to carry out the nutritional system that will allow you to achieve your goals and achieve the nutritional balance that maintains your longevity and strength during the space of your life.

Scan for know more  
about plans and prices





# NUTRITION



## Standard nutrition plan for only \$89 :

- Designed for a month without adjustments that you can contract month by month until you achieve your perfect balance.
- Necessary Caloric Consumption and its macro-micro nutrients Distribution that promotes the processes of muscle growth and fat burning at the same time.
- Optimal fat to establish in your body
- In and out energy levels to adjust this percentage of fat.
- Food designed and suggested according to your organism and genetics, which provides the best results
- Optimal hydration, through water and food.
- Selection of foods that you should never consume, thus avoiding cellular deterioration, weakening of the immune system, loss of cognitive abilities, etc.

## Premium Plan for only \$179 everything in the basic plan plus:

- Food designed and suggested for:  
Strengthen each of your organs.  
Your hormonal system promoting muscle growth and efficient use of fat in your body  
Strengthen your digestive system and colon function
- Natural supplementation focused on complementing any primary deficit.
- Apart from the 30 min consultation here you have 1 extra 30 min session and limited consultation chat



# NUTRITION



## Strong Being Plan for \$399 Best value

- limited spaces - premium plan plus:

- Consultation sessions every three days and the reassessment of the new data that is generated from the response of your body.
- Excellent constant monitoring for athletes with a period of time established for a competition where maximum efficiency in muscle production and use of body fat is required while strengthening the immune, hormonal, nervous and cardiovascular systems, giving our client the best physical performance. possible.
- In this plan we will be connected throughout the process, evaluating how your body responds to new stimuli in the diet, focusing on all areas of your body with 3 weekly sessions, unlimited chat with suggestions for sudden changes, adjustments, special substitutions and more. .
- Whether you are an athlete or want to improve your health and physical performance, this plan guarantees speed and efficiency throughout the process of reaching your goals, accelerating the entire process and working at the same time as a course that gives you clarity on how your body works in its best version. We are waiting for you, you will not regret it, the willingness and approach to each client limits the possibility of having many places for this service, if it is available, do not miss the opportunity



## BASIC PLANS & PRICES



**STANDARD NUTRITIONAL PLAN FOR \$ 89**

**PREMIUM NUTRITIONAL PLAN FOR \$ 179**

**BEST VALUE STRONG BEING NUTRITION PLAN FOR \$ 399**

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**STANDARD WORKOUT PLAN FOR \$ 89**

**PREMIUM WORK OUT PLAN FOR \$ 139**

**BEST VALUE STRONG BEING WORK OUT PLAN FOR \$ 399**

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**STANDARD FASTING WELLNES  
COACHING PLAN FOR \$ 150**

**PREMIUM FASTING WELLNES  
COACHING PLAN FOR \$ 299**

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**JOIN ALL SERVICES IN ONE AND GET  
ONE - ONE TRAINING FOR BEST VALUE**



**NUTRITION - WORK OUT - COACHING STANDAR PLAN  
3 SESSIONS ONE - ONE EACH WEEK FOR \$ 899 MONTH**

**NUTRITION - WORK OUT - COACHING STANDAR PLAN  
5 SESSIONS ONE - ONE EACH WEEK FOR \$ 1390 MONTH**

**(ONE-ON-ONE SESSIONS BY VIDEO CALL FOR 699 AND 990- RESPECTIVELY)**

**THIS PLAN INCLUDE EVERYTHING IN THEWORKOUT NUTRITION COACHING  
STRONG BEINGS PREMIUM PLANS PLUS ONE -ONE TRAINING**

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**Strong Beings**

**AND ITS THREE FUNDAMENTAL PILLARS FOR  
THE FORMATION OF YOUR BEST BEING**



**NUTRITION**



**WORKOUT**



**MINDFUL**

**[WWW.STRONG-BEINGS.COM](http://WWW.STRONG-BEINGS.COM)**

**JOIN US AND DISCOVERY YOUR POTENTIAL (LIMITED SPACES)**

**SCAN THE QR FOR MORE INFORMATION**



DESIGNED FOR FALCO PILGRIM INC

