**Before Appointment:**

Hi {Name}!

I'm looking forward to working with you to help dial in your nutrition and achieve your health and fitness goals.

I just sent you an invite to the HSN app- this is how we will give you provide you support throughout your program.

Please take a couple minutes to fill out the questionnaire and download the app before your appointment.

Can't wait to get you started!

{Your Name}

**After Appointment:**

Hi {Name}!

It was a pleasure meeting with you today! I'm excited to help you start your journey to a healthier you!

The first step to making a lifestyle change is focusing on a solid foundation. We do this by focusing on action steps.

Over the first couple week your actions steps are:

1.

2.

3.

You will find additional support videos within the HSN app under training plan.

I would encourage you to engage in the nutrition support group via the app! If you have a question, just send me a quick message and I'm here to help.

Your meal plan is attached in the app for easy access.

Please know the rows are interchangeable. Use this as a guideline for portion sizes to help you get the balance of protein, carbs, and fat you need for meals and throughout the day.

Here are the recipes: <https://healthystepsnutrition.com/healthy-recipes/>

My favorite ones to start with would be-

[Pulled chicken,](https://healthystepsnutrition.com/recipe/pulled-chicken/) [Meatloaf Muffins](https://healthystepsnutrition.com/recipe/meatloaf-muffins/), [Sam's Energy Balls](https://healthystepsnutrition.com/recipe/sams-energy-balls/) and [Protein Pancakes](https://healthystepsnutrition.com/recipe/4-ingredient-protein-pancakes/)

Please let me know if you have any questions!

{Your Name}

The rest of the contact is done through the app.