

## MEAL & WORK OUT PLAN SERVICES

**★ Beginner's 4 Week Meal & WorkOut Plan -For 4 weeks Vickie Gates will send you daily meal plans and workouts to reach optimal weight/muscle gain or weight loss design specifically to your goals.**

**★ Intermediate 6 Week Meal & WorkOut Plan - For 6 weeks Vickie Gates will send you daily meal plans and workouts to reach optimal weight/muscle gain or weight loss design specifically to your goals. As a special added bonus to this plan, She will also workout with you for 1 full session going into week 5 and give you a free assessment to see if you are hitting your goals and how to continue moving forward with your journey. \*You will have the option of a zoom meeting or an in-person workout and/or assessment.**

**★ Advanced 12 Week Meal & WorkOut Plan - For 12 weeks Vickie Gates will send you daily meal plans and workouts to reach optimal weight/muscle gain or weight loss design specifically to your goals. As a special added bonus to this plan, She will also workout with you for 2 full sessions going into weeks 6 and 10 giving you an assessment on each to see if you are hitting your goals and how to continue moving forward with your journey. \*You will have the option of a zoom meeting or an in-person workout and/or assessment.**