

# How to eat the things you love and still hit your goals



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**Hey Kate,**

**Personalised nutrition** is all about fuelling your body with the right amount of food for how much energy the body is using and what goals you have. If you're looking to lose fat, you want to use more energy (through activity and exercise) than you are intaking (through food and drink). If you want to build muscle, it's the other way around.

**This is also known as your Calorie Balance:**  
*calories in vs calories out.*

Discover more about what a calorie balance is and how nailing yours can be a great way to hit your goals and to still enjoy the foods you love.

Discover Your Calorie Balance



## Personalised for you.

Everyone's calorie balance is different and therefore, how you fuel your body should be something unique to you.

Our nutritionists create a personalised meal plan based on your unique calorie balance to help you fuel your day in the way that's right for you, your lifestyle and your goals.

Get Started

## A plan for every goal



### Fat Loss

20% calorie deficit.

Learn More



### Lean Gains

10% calorie deficit.

Learn More



### General Health

Maintenance calories

Learn More



### Build Muscle

10% calorie surplus

Learn More