

**“The nutrition edge will accelerate your success...”**

Welcome to the 2019-2020 OVA Sports Nutrition Program.

I have prepared a visual presentation walking you through this proposal. To [view it click here.](#)

**WELCOME TO**  
**eatthis**  
for performance

Your teams are 1 step away from getting a game changing sports nutrition program. Organizations that commit 5 teams to getting a sports nutrition program get partnership status. We look forward to partnering with you to get your athletes eating for performance!

 **STOP GETTING SIDE-LINED**

 **LESS DIGESTIVE UPSET**

 **BETTER MENTAL GAME**

 **EXTRAORDINARY ENERGY LEVELS**

**EAT 4P** → Accelerate eating for performance by committing 5 TEAMS to a team program.



 **MEET PEARLE NERENBERG, MSc RD**

Pearle is a sports dietitian and creator of the game-changing ET4P sports nutrition programs. She is the nutrition coach to both elite and amateur athletes and is holds the International Olympic Committee's diploma in sports nutrition. Pearle is a former elite athlete and a mom of 2!


Read more about ET4P at: [www.et4p.com/about-us](http://www.et4p.com/about-us)

GET MEAL PLANS (OPTION 1) ----->>> THEN LEARN HOW TO USE THEM! (2)


**OPTION 1**  
**TEAM SPORTS NUTRITION**  
**TEAM EAT 4P FOR A WEEK**


 **Coach, have some fun!** 

**Get the Parents involved!**




Invite each family to take on the  
**2-Day Challenge**  
OR  
Follow the full **7-Day Challenge**








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**OPTION 2**  
**TEAM SPORTS NUTRITION**  
**TEAM ET4P QUEST**

**40 logins!**  


**30 videos!**  


2 fun weeks to conquer **4**  kills!



**FINISH THE QUEST TO ENTER  
THE KINGDOM OF CHAMPIONS**

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GO CUSTOM (OPTION 3)

**OPTION 3**  
**Individualize your Program**  
**VIP TEAMS**

Live sessions with a professional  
Sports Dietitian!

Choose a time  
that's convenient  
for everyone 

 Tune in from the  
comfort of your  
own home

Ask all your  
questions

 Sessions get recorded - watch  
again anytime and anywhere!



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**FAMILIES/ INDIVIDUALS**

**INDIVIDUAL FAMILY  
EAT 4P PROGRAMS**

Welcome to our single athlete or active family options. All options are great for the entire family. The Accelerator program is the most popular choice as it is 100% self-paced, portable, and promotes a mastery of sports nutrition.

**OPTION 1: START EATING 4P NOW \$24 or \$64**

Get a Performance Meal Plan (2 days or 1 week).

MOST  
POPULAR!

**OPTION 2: EAT 4P IN EVERY SITUATION \$257**

Get the EAT 4P Online Accelerator Program  
+ 1 the Performance Meal Plan included

**OPTION 3: GO VIP \$497**

Get a private session to individualize your program  
+ the EAT 4P Online Program  
+ 1 the Performance Meal Plan included

Prices presented in CAD and are subject to change.

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**TEAMS**

**EAT 4P TEAM  
PROGRAMS - CLUB**



When teams eat better the entire team performs better.

Team programs range from a week program to a full VIP team experience.

Clubs that commit 5 teams or more to a program access partner pricing.

**OPTION 1: TEAM EAT 4P FOR A WEEK \$97 ~~\$197~~**

SAVES EACH FAMILY MORE THAN \$55

Get the Performance Meal Plan for the team.

**OPTION 2: TEAM EAT 4P QUEST \$497 ~~\$997~~**

SAVES EACH FAMILY MORE THAN \$533

Get the EAT 4P Online Accelerator Program  
40 logins  
+ OPTION 1

**OPTION 3: VIP TEAMS \$797 ~~\$1999~~**

SAVES EACH FAMILY MORE THAN \$653

Get 2 private sessions to individualize your program  
+ OPTION 2

Prices presented in CAD and are subject to change.

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A family program is a great way to get an entire family eating for performance. Programs are purchased once and **lifetime access is granted**.

Team programs are a great way to **get lower cost access to families for the season (10 months)**. We are looking forward to signing up 5 of your club teams so that your club teams can access the partner pricing. If your club reaches partner status mid-season we will reimburse your teams the difference from regular price to partner price.

**We know OPTION 3 works** because this is what we did with the Ontario Volleyball Association High Performance program last year.

See option 3 results on the next page.

## OPTION 3 RESULTS

In 2019 the first version of the Eat This for Performance program was introduced to the elite volleyball athletes of the OVA. Here are some of our responses:

*"I just wanted to start off by thanking you for all your help during this season with Team Ontario Elite! I learned so many great things through nutrition that has allowed me to be a better athlete and person all around. Specifically, I have taken away most from this course my timing of eating around my schedule. After listening to your videos and having live discussions, I learned how to properly time and plan out my meals. Before, I would be feeling weighed down or tired at practice as I was eating right before hand. I felt sick and gross doing high cardio drills. Now, I eat my biggest meals right after school which is about 4 hours before I start practice. On the way out the door I grab a little snack such as a banana for the drive and I feel at my absolute best playing now. No more unnecessary distractions!! **This has been the most beneficial component to my game regarding nutrition yet** and I look forward to continuing to implement it. Thank you again for all your help I really appreciate it and I know all of the other girls and coaches do as well!!" - H.A.*

*"I loved this program! I learned so much about meal planning for success. I especially liked the information about the times to eat different types of performance meals. **I definitely noticed a positive change in the energy I had throughout the day and into my volleyball training.** Thank you for supporting me with this program!" - P.C.*

*"The biggest take away for me in this program was the food management instruction for before, during, and after tournaments. **This translated over to everyday life to maximise energy output throughout the day.**" - I.H.*

## WHAT IS SO SPECIAL ABOUT EAT THIS FOR PERFORMANCE?

**One, you get a simple starting place to eat 4P (for performance!)**

- >> **Get recipes** for performance or eat a superfood of the week.
- >> **Get a simple meal plan strategy** to eat for performance - not your typical plan, better!
- >> **Get access to sports dietitians** through an online video, delivered live or recorded.

Accelerate eating for performance through educational videos, printable tools and trackable challenges. Our programs are **easy and quick to watch, engaging, family friendly, and NON-judgemental** - all cultures and beliefs fit!

**If you are on the fence about providing a sports nutrition program to your club make sure to book your private tour of the 3 Eat This for Performance team options!**

## ABOUT YOUR NUTRITION COACH & FOUNDER OF EAT THIS FOR PERFORMANCE



### **Pearle Nerenberg, Registered Sports Dietitian**

Pearle Nerenberg is the founder and visionary behind the break-out sports nutrition brand Eat This for Performance. Her vision of high performance nutrition being simple and easy to implement starts with 4 skills everyone can master. Pearle believes everyone will live a much more energized life once they begin to eat for performance. Complex sports science can be boiled down to a few key concepts. Pearle is a unique sports dietitian who uses her advanced training by the International Olympic Committee, McGill University and Cornell University to both teach and empower her athletes. Pearle is easily able to connect with her athletic community as a former NCAA D1 College athlete and a current mom of 2 active kids!