



# ELITE NUTRITION

Our goal is to improve individual performance,  
while creating a culture of wellness within the  
club.

Services offered:

Nutrition overview specifically for soccer athletes

One on one nutrition education for athletes and families

Meal planning

Michelle Owens CNS, B.S. Nutrition, SNS

Call or email for more info

505-307-6943

[Mowens05@yahoo.com](mailto:Mowens05@yahoo.com)

Pricing:

Talk with the team \$5 per athlete

One on one \$35 per hour

Meal planning \$50 per month plan

Nutrition overview \$10 per athlete

Family talk \$35 per family