WANT TO INCREASE UP TO 30 LB IN 6 MONTHS OR LESS?

YOUTH & HIGH SCHOOL BASEBALL NUTRITION PROGRAM

Built by **Tatiana Vélez, MS, RD, CSSD, board certified sports dietitian behind 400+ professional and collegiate baseball players,** I help adolescent athletes and their parents in need of ***fast forwarding*** their progress in 6 months or less. Previous dietitian for the Tampa Bay Rays.

9.7/10
Average Client Rating

ELITE PERFORMANCE

FSA/HSA Eligible

- Monthly calls & meal planning
- Performance Labs Interpretation
- Weekly meal journal reviews
- Unlimited message check ins
- Body Composition interpretation
- Personalized weight and muscle gain roadmap



Book a free call with me!

FSA/HSA Eligible

www.myfuellabs.com

FUEL LABS

DO YOU KNOW?

Average weight of a collegiate player is around **190 lb.**



What are you doing **TODAY** to get you there?



FSA/HSA Eligible