



FLEXIBLE NUTRITION LLC

MADDI OSBURN RDN LD
WWW.FLEXIBLENUTRITIONLLC.COM
147 ELM CT., ANDOVER, KS 67002

PRESENTATION PORTFOLIO

All presentations can be altered to fit a 30 minute presentation or a 60 minute presentation.

INQUIRE FOR UP TO DATE PRICING

AVAILABLE PRESENTATIONS

MEAL PREP FOR BUSY PEOPLE: HOW TO QUICKLY & CHEAPLY GET NUTRITIOUS MEALS ON THE TABLE

Description: Combination of demo + visual presentation that discusses grocery shopping & meal prep tips, practical examples & budget friendly recommendations to help increase nutrient intake.

Objectives:

- Why meal prep for health.
- Meal prep: what it is & isn't, practical tips for busy people.
- Demo example of meal prep & versatility of ingredients.
- Grocery shopping: practical tips to keep things budget friendly.

PLANT FORWARD EATING FOR FITNESS & HEALTH

Description: What a plant forward diet is, how it can help fitness & chronic disease prevention, & practical tips to start adopting a plant forward eating pattern.

Objectives:

- Defining plant forward eating.
- Why more plants for fitness & health.
- Concerns & Answers to plant-forward eating.
- Practical tips to adopt this eating style.



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HOW TO COOK & EAT YOUR WAY TO A HEALTHY HEART

Description: Combination of demo + visual presentation that discusses a heart healthy eating pattern/specific foods & recipes.

Objectives:

- Defining all the factors that impact heart health, including diet.
- Outline specific heart healthy foods/food groups.
- How to spot a heart healthy recipe & practical, easy swaps.
- Demo of heart healthy meal & snack + take-home pdf handout of meal & snack recipe.

IMPROVE YOUR MENTAL & PHYSICAL HEALTH THROUGH INTUITIVE EATING

Description: How chronic dieting negatively impacts your mental, emotional & physical health, and how adopting an Intuitive Eating pattern can improve your mental, emotional and physical health.

Objectives:

- Weight science.
- Why ditch diets & how to spot them.
- Define Intuitive Eating & 10 principles.
- Intuitive Eating research & impact on health & well-being.
- Practical tips to become an intuitive eater.



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AVAILABLE PRESENTATIONS

HEALTHY EATING: IT'S NOT JUST ABOUT KALE

Description: What really is a healthy eating pattern and practical ways to incorporate this into your life.

Objectives:

- Defining healthy eating & it's importance
- What foods are healthy & why
- How to decipher food product claims
- Healthy shopping without breaking the bank
- How to create balanced meals & snacks
- Dietary Guidelines 2020-2025

SPORTS NUTRITION: PRACTICAL TIPS TO IMPROVE FITNESS THROUGH FOOD

Description: How any athlete can eat better to fuel their performance & health.

Objectives:

- Why pay attention to nutrition.
- Macronutrients & Micronutrients.
- Meals & snacks.
- Pre-, during & post-nutrition.
- Hydration.
- Quick, easy & nutritious meal tips.



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SPORTS NUTRITION FOR SOCCER PLAYERS

Description: How to appropriately fuel yourself as a soccer player for performance & health.

Objectives:

- Why proper fuel/hydration is important for sport.
- Macronutrients & their role in performance.
- Meals & Snacks + Timing
- Season specific recommendations
- Hydration
- Supplements

RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S): WHAT IT IS & HOW TO PREVENT IT

Description: Prevalence & definition of RED-S, how it negatively impacts athletes (fitness & overall health), and how to prevent it.

Objectives:

- Define RED-S.
- Signs/Symptoms.
- Prevalence amongst different athlete populations.
- How it can be prevented/practical recommendations for athletes/coaches/etc.