



1 NUTRITIONIST

Our partner nutritionist, Amy Fellows, is here to support your health goals.



- Your 1-hour Welcome Call is FREE as an ROG Client.
- She also offers discounts for monthly plans to ROG Clients:
 - 50% off for weight loss clients
 - 20% off for non-weight loss clients



BOOK YOUR VIRTUAL WELCOME CALL:
www.peakhnw.com
It's free for ROG Clients!



2 BIOMETRIC SCALE + INBODY APP

COST-EFFECTIVE OPTION

Body Composition Scale



PREMIUM OPTION

InBody Dial H40



INBODY APP



The InBody Dial H40 is the home version of our in-clinic scale. It is the most reliable/accurate scale on the market – about 98% accurate when compared to the DEXA scan (gold standard).

The InBody app syncs all measurements from your home scale and in-clinic scans so you can easily monitor and track your progress.



3 PROTEIN SHAKES

Vegan Collagen Shake



Lactose Free Ready Protein Shake



4 PROTEIN FRUIT PUNCH DRINK

Sparkling Protein Fruit Punch Drink



5 HIGH PROTEIN SNACKS

Great options to keep you full, fueled, and on track!



6 SHARPS CONTAINER & DISPOSAL



Use an FDA-cleared sharps container for safe disposal of needles and lancets.



How to Dispose of Sharps (Home-Use in Houston, TX)

- TCEQ Guide GI-418
- TCEQ Guide GI-612 (Active Medical Waste Facilities)



7 FITNESS & STRENGTH TRAINING SUPPORT

Ask an ROG Team Member about our Fitness Partners & Programs:
Tommy Evans | Evans Elite
Tru Fusion Houston
ROG Virtual Fitness Program

MEAL PREP & NUTRITION OPTIONS

PRE-PREPARED MEALS (JUST REQUIRES MICROWAVE)

COOK UNITY
FACTOR_
BEE FIT FOODS
MYFIT FOODS
PLATR MEALS

Cook Unity
<https://www.cookunity.com/>
Factor 75
<https://www.factor75.com/>
Bee Fit Foods (Houston Based; Black Female Owned)
<https://www.beeffitfoods.com/>
MyFit Foods
<https://www.myfitfoods.com/>
Platr Meals (Houston Based; Halal)
<https://platrmeals.com/collections/all>

RAW INGREDIENTS FOR HOME COOKING



Blue Apron
<https://www.blueapron.com/>
Every Plate
<https://www.everyplate.com/>



REAL FOOD.
REAL RESULTS.

PRE-PREPARED MEALS + RAW INGREDIENTS



Hungry Root
<https://www.hungryroot.com/>



HAVING TROUBLE WORKING OUT?

Purchase our 6-Month Virtual Fitness Program. Work Out in the privacy of your home. Ask a team member for more information.