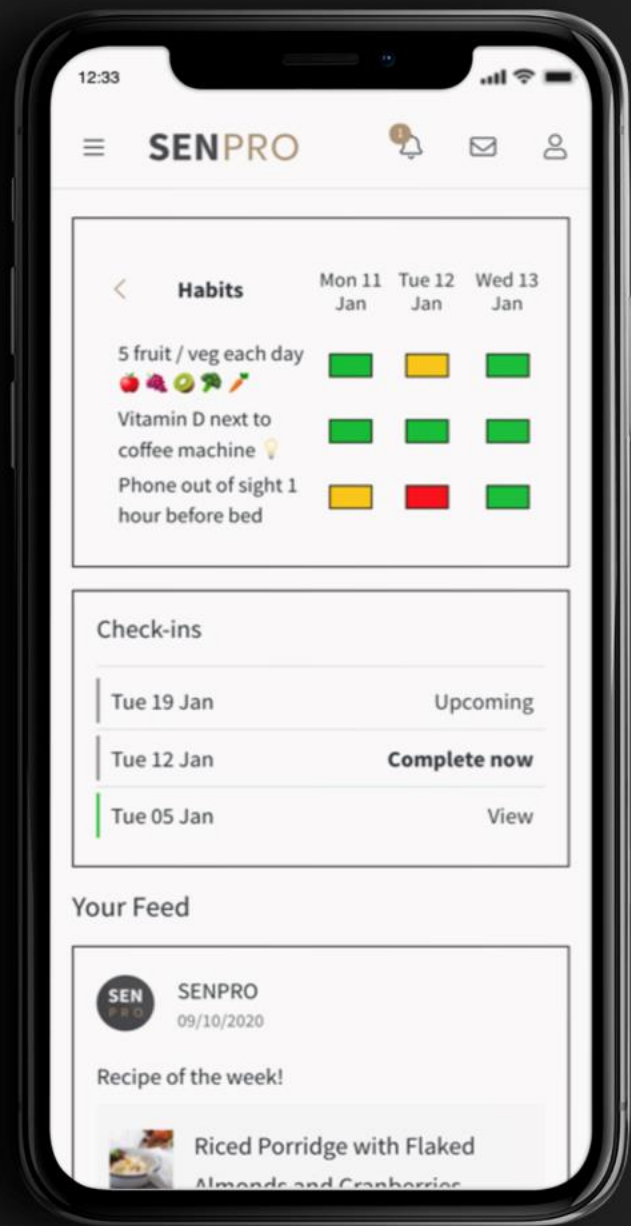


Your personal nutrition hub

⚡ Powered by SENPRO

Dashboard

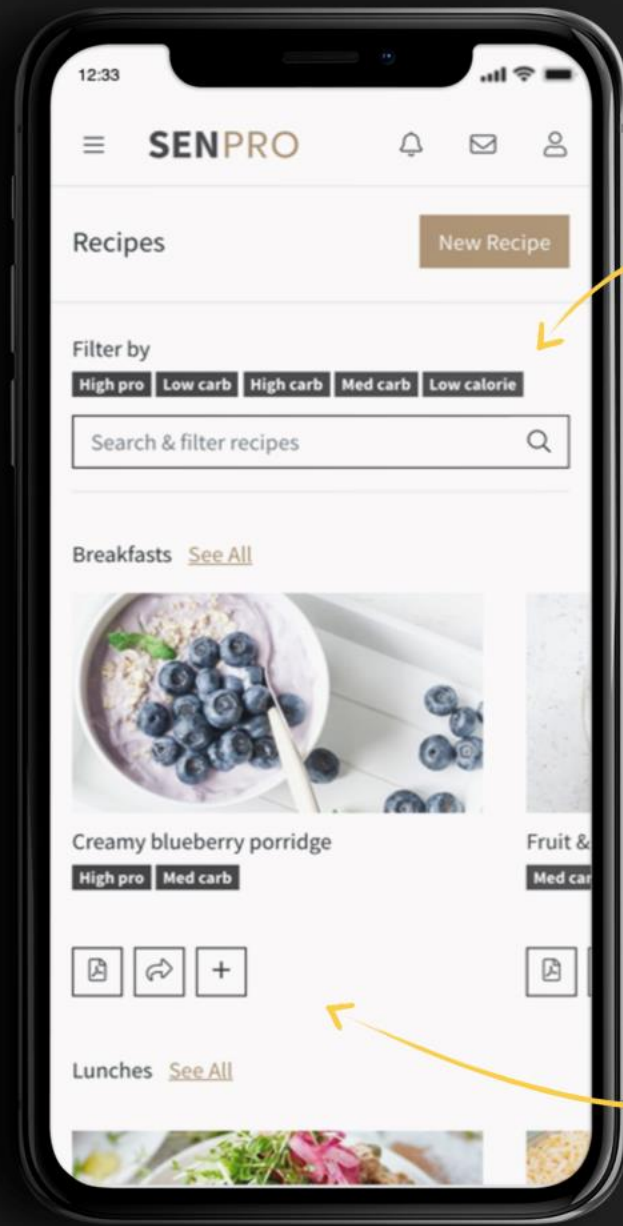


Build new habits

Reflect & review with weekly check-ins

Improve nutrition knowledge

Recipes

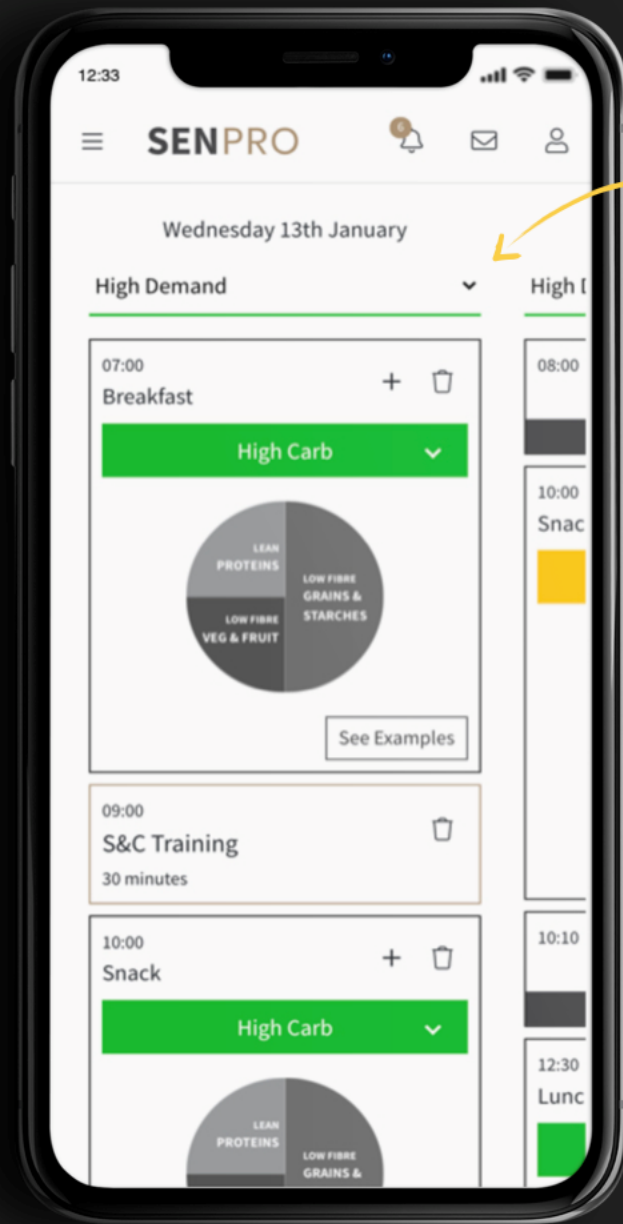


Discover recipes to help you fuel & recover

Improve your skills in the kitchen

Add to your planner

The Planner

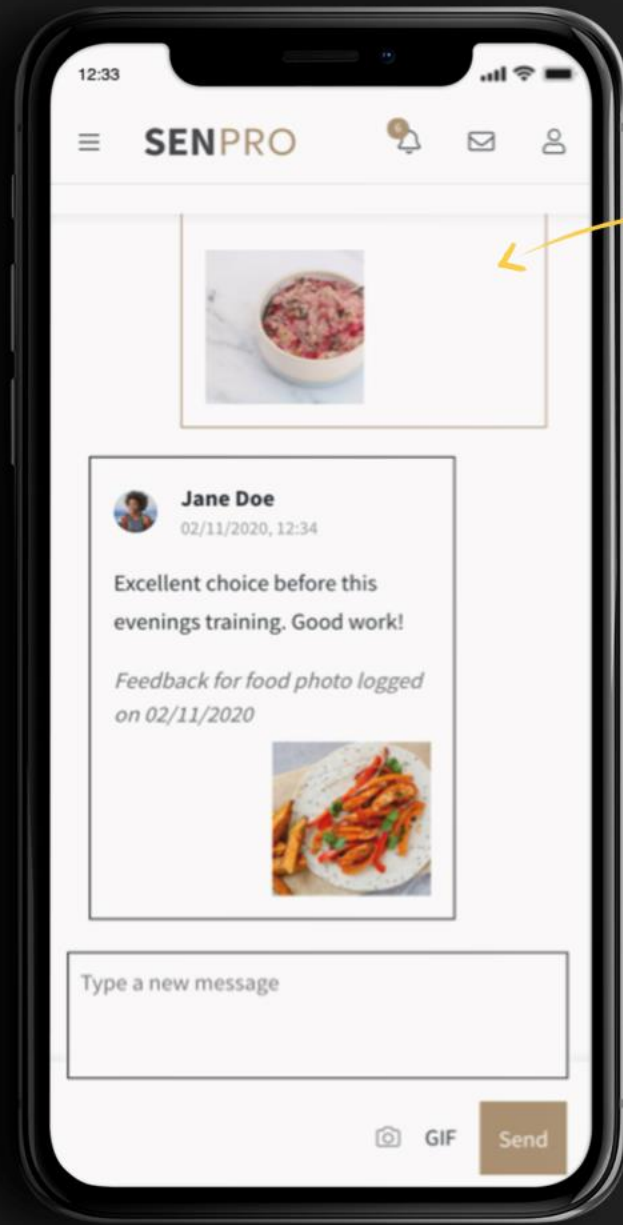


Personalised & periodised programming

Learn how to fuel & recover

Plus you can take food photos & food log

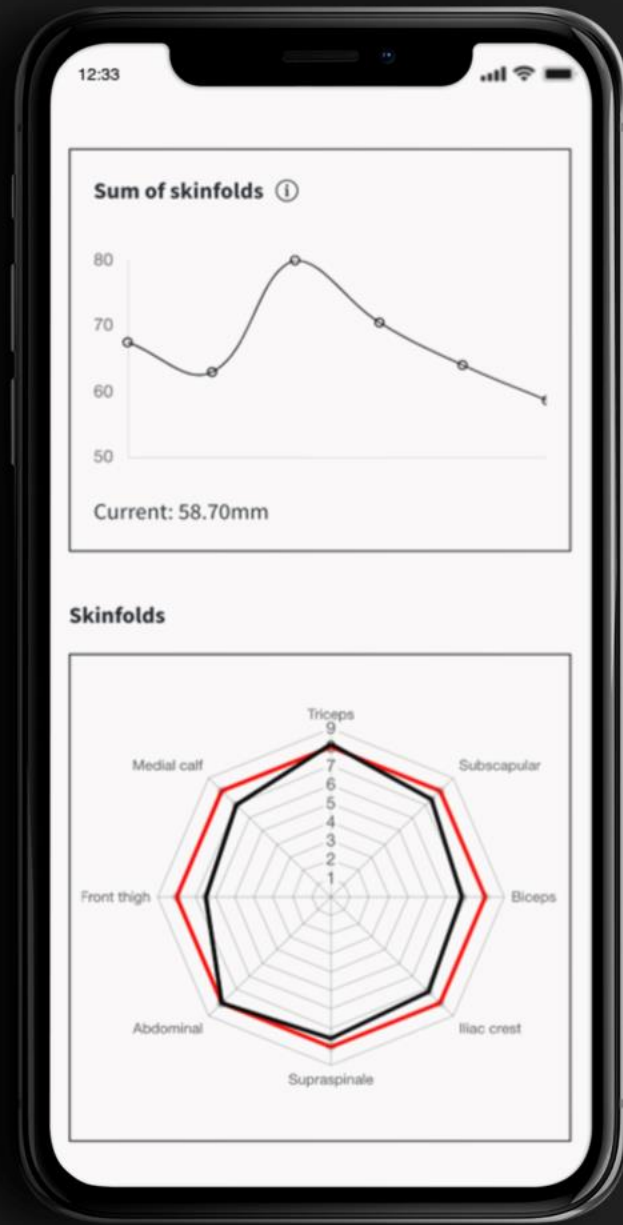
Messaging



Receive realtime
feedback & support in
messages

All communication
streamlined through
SENPRO

Progress



Visually progress tracking



Track the metrics that matter most



Sports Nutrition
Jana Camphens



Ready?

Contact me to get started!

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Website: www.dietistejanacamphens.com