



Dr. Rick Kattouf

"Have you struggled with weight loss? Are you tired of losing and then gaining weight? Has chronic dieting become your norm? Or are you looking to get into the best shape of your life so you can swim, bike and run faster? If so, Rx Nutrition is for you! Let me help you break through the clutter and streamline key nutrition principles to help you get the most out of life, fitness, and sport. Let Rx Nutrition be your guide. Let the journey begin!" — Dr. Rick Kattouf II

Rick Kattouf is the author of *Forever Fit*, CEO and Founder of TeamKattouf, Inc., Food Psychology Coach, Wellness and Nutrition Consultant, Sports Nutrition Consultant, ITCA Certified Triathlon Coach, 3x Age Group Duathlon National Champion, and 4x USAT All-American.

### TeamKattouf testimonials

-  "Rick's coaching has allowed me to train and race at the highest level possible and remain injury free!" — **Mark Moore, M.D., Triathlete**
-  "I took Rick's advice and started fueling with the food bottles at the 2009 Tirreno-Adriatico, and I felt great at the finish! Follow Rick's principles for maximum performance!" — **George Hincapie, 14x Tour de France, 5x Olympian**
-  "Thanks Rick for your nutritional coaching; it has been life changing!" — **Kristi Arledge, Mother of 2 and 2009 Jacksonville marathon winner**
-  "Rick's passion manifests itself in the achievement of his clients." — **Blake Boldon, UAB CC head coach, 13:46 5000m PR**
-  "Rick's coaching has allowed me to implement proper nutrition as a competitive athlete and mother." — **Amy Javens, mother of 3 and Triathlete**
-  "We thought we ate healthy before, until working with Rick. Thanks for all you did for us!" — **Ashley and John Stamper, Former NFL Defensive End**



© 2010, TeamKattouf, Inc. All rights reserved.

TeamKattouf, Inc.  
209 North Main Street #218  
Greenville, SC 29601  
[teamkattouf.com](http://teamkattouf.com)

Run time approx. 90 minutes



7 53182 96481 2

U.S. Patent  
Kattouf

Rx Nutrition

Eating for Improved Performance in Life, Fitness and Sport



TeamKattouf, Inc. Presents

# Rx Nutrition

*Eating for Improved Performance  
in Life, Fitness and Sport*

An Educational and Motivational 3-DVD Series

by **Dr. Rick Kattouf II**, Author of  
*"Forever Fit"* and CEO/Founder of TeamKattouf, Inc.

"Rick's nutrition plan has changed my life and so I recommend Rx Nutrition to all of my patients."  
— **James Loging, M.D., Triathlete**

  
[teamkattouf.com](http://teamkattouf.com)

