I have dietary requirements, will this be an issue?

Pre Sales · https://thesixpackrevolution.com/docs/i-have-dietary-requirements-will-this-be-an-issue/

Not at all. Many of our recipes have plenty of alternatives. You can easily adjust any of our recipes to be Vegan, Gluten Free, Dairy Free, Fish Free or to suit your particular needs.

Your coach will talk you through your meal plan step-by-step, making sure you're happy with your meal choices between Full, Vegetarian or Vegan.

Our Smoothies are free from most things, however we do have a specific Vegan option as the other contains Whey (Milk derivative) so please make sure you select the one for you.