

# Sandersfit Performance Center and Unpickled Join Forces to Launch Holistic Meal Plans and Detox for Fitness and Recovery

*Innovative Partnership Aims to Maximize Recovery, Endurance, and Power while Minimizing Inflammation through Unpickled Restart Program and Holistic Meal Plans*

DALLAS, TEXAS, UNITED STATES, April 19, 2023 /EINPresswire.com/ --

Sandersfit Performance Center, a leading fitness training facility, and South Side Nutrition Consulting, experts in nutrition and wellness, announced today an exciting

collaboration to introduce Unpickled.net holistic meal plans and sugar detox programs. The partnership focuses on empowering individuals to achieve their fitness goals by maximizing recovery, endurance, and power while minimizing inflammation through tailored meal plans and guidance.

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We understand that nutrition is essential to achieving optimal performance, and our collaboration aims to provide our members with the tools and guidance they need to reach their full potential.”

*Melvin Sanders, Owner,  
Sandersfit Performance  
Center*

The Unpickled Restart Program, a cornerstone of the partnership, offers a comprehensive sugar detox and elimination diet that promotes increased energy, a boosted immune system, more restful sleep, mental clarity, and reduced anxiety. This innovative program will seamlessly integrate with Sandersfit's cutting-edge fitness training, providing a holistic approach to health and wellness for its trainers, professional athletes, and members.

Melvin Sanders, Founder of Sandersfit Performance Center, said, "Our partnership with South Side Nutrition Consulting and the launch of Unpickled.net holistic meal plans signifies a new era in fitness training. We understand

that nutrition is essential to achieving optimal performance, and our collaboration aims to



provide our members with the tools and guidance they need to reach their full potential."

Niki Claybrook, Holistic Nutrition Consultant, Restart® certified instructor, and found of South Side Nutrition Consulting, added, "We're excited to work with Sandersfit Performance Center to help athletes reach peak performance and [optimize their bodies](#) ability to recover through better nutrition naturally. Our Unpickled Restart Program and anti-inflammatory meal plans provide a clear and achievable path to improved performance and recovery, allowing individuals to experience increased energy, enhanced focus, and an overall sense of well-being."

In addition to the [Unpickled Meal Plans](#) that include breakfast, lunch, dinner, and two snacks a day for five days a week, The RESTART® Program hosted by Restart® certified instructor, Niki Claybrook, is a simple, powerful way to give your body a vacation from sugar and processed foods. With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy and cut sugar and carb cravings.

Registration for the first co-hosted [RESTART® class](#), which incorporates the Unpickled Restart Program, begins on May 2, 2023, and interested individuals can sign up via the registration link: (<https://www.unpickled.net/restart-plus-2306-sf/>). Don't miss this unique opportunity to revolutionize your fitness journey by combining expert fitness training and personalized nutrition guidance.

For more information about Sandersfit Performance Center, visit [www.sandersfit.com](http://www.sandersfit.com). To learn more about South Side Nutrition Consulting and the Unpickled Restart Program, visit



Niki Claybrook, Founder of Southside Nutrition Counseling and Unpickled.net



Melvin Sanders, Owner of Sandersfit Performance Center

[www.unpickled.net](http://www.unpickled.net).

#### About Sandersfit Performance Center

Sandersfit Performance Center is a premier fitness training facility dedicated to helping professional athletes, college athletes, high school ballers, weekend warriors, and everyday people take their fitness to the next level through innovative training programs, state-of-the-art equipment, and personalized coaching. Sandersfit Performance Center is committed to providing an unparalleled fitness experience with a focus on performance, recovery, and overall wellness.

#### About South Side Nutrition Consulting

South Side Nutrition Consulting is a leading holistic nutrition and wellness consulting firm that specializes in nutrition counseling for athletic performance, immune conditions, and overall well-being with customized meal plans and providing evidence-based guidance to support clients in achieving optimal health. With expert holistic nutrition counseling and nutrition experts, South Side Nutrition Consulting is dedicated to empowering individuals to transform their lives through better nutrition.

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