

NUTRITION SERVICES

Thank you for your interest in my nutrition services. Each of the packages I offer is designed to help you improve your health, enhance your nutritional knowledge, and develop a better relationship with food. Many people believe they know how to care for themselves, but nutritional education is often lacking and I'm here to help bridge that gap.

Our journey begins with a questionnaire, allowing me to understand your current health and nutritional status, as well as your goals. This is followed by a 60-minute consultation. The initial consultation takes approximately one hour and costs **£89**. The consultation questionnaire can be found [here](#).

The consultation may provide all of the insight you need, and there is no further obligation, however for ongoing support, we can proceed with one of my three nutrition packages.

ESSENTIAL NUTRITION

This foundational package includes a detailed, personalised written report tailored specifically to you with your goals in mind. It covers:

- Calorie and Macro Requirements: Customised recommendations based on your individual needs.
- Daily Calorie Intake: Guidelines to ensure you're consuming the right number of calories.
- Meal Frequency Guidelines: Advice on how many meals you should be eating each day.
- Supplementation Suggestions: Recommendations for any necessary supplements to support your health.
- Most Importantly...Individual Issue Analysis: Addressing any specific emotional or physical issues you're experiencing, as these are fundamental to your plan.

Bonus: Four PDF cookbooks to help you with meal ideas and inspiration.

ESSENTIAL NUTRITION - £199

COMPREHENSIVE NUTRITION

In addition to everything included in the Essential Nutrition package, this package offers:

- Email Support: One month of email support to address any questions or concerns you may have, along with any minor adjustments to the calorie and macro intakes.

COMPREHENSIVE NUTRITION - £249

Optional: For an additional fee of **£99 per month** bi-weekly evaluation check-ins and programme adjustments by zoom are available. This option is available on an ongoing basis after month one.

COMPLETE NUTRITION

This is the most in-depth package I offer and includes all the features of the Essential and Comprehensive packages, plus:

- 2 Bi-Weekly Evaluation Check-Ins by ZOOM: Regular check-ins to track your progress and make necessary adjustments for the first month.
- Personalised Meal Plan: A detailed meal plan to help you achieve your specific health and nutrition goals.

COMPLETE NUTRITION - £449

Optional: For an additional fee of **£189 per month**, continuing bi-weekly evaluation check-ins by zoom are available along with meal plan updates to ensure your plan evolves with your progress, keeping you on track towards your goal. This option is available after the end of month one.

CONTACT DETAILS

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