

Personalised Nutrition Services

Please complete our pre-consultation form also available on the website and we will get in touch with you and recommend the best package that suits your goals. Alternatively get in touch with us via email or phone with any queries you might have or if you would like some assistance in selecting the service most suited to you.

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Personalised nutrition review

This is our most popular service and forms the foundation of all other packages. It is suited to any individual who wants to have just one consultation and get their nutrition questions answered, their current dietary practices assessed and to be given the key information needed to achieve their goals on their own. You will receive professional written feedback and recommendations on how to change/improve your current dietary practices in order to reach your personal goals.

What's included:

- 1 x 60-90 minute 1-2-1 consultation either face to face or via video call
- Extensive written feedback
- Personalised supplementation advice

£175.00

Supported nutritional improvement

This improvement package is suited to a more proactive individual who wants to be educated to have the right tools and skills to make lifelong changes to their eating habits and improve their body/health/performance with limited support. The inclusion of a food diary and two further consultations allows for more specific recommendations to be made as well as further adjustments to the advice given initially to optimise your dietary practices.

What's included:

- 1 x 60-90 minute 1-2-1 consultation either face to face or via video call
- Food diary analysis
- Extensive written feedback
- Personalised supplementation advice
- 2 x 30-minute 1-2-1 follow-ups

£349.00

Goal focussed nutrition support

This support package is designed for someone who has a clear set of goals in mind and is dedicated to achieving them. It provides nutrition planning, ongoing support, written information and motivational guidance to help you reach your goals within a time frame agreed by you and your nutritionist.

What's included:

- 1 x 60-90 minute 1-2-1 consultation either face to face or via video call
- Food diary analysis
- Example 3 day meal plan
- Extensive written feedback
- Personalised supplementation advice
- 3 x 30-minute 1-2-1 follow-ups
- Continuous support and communication throughout this time

£569.00

The 'Food Boss' nutrition package

The 'Food Boss' nutrition package can be set up exactly how you would like it. You will receive all the support detailed in the goal focussed package however there will be much more personalised support including bespoke meal and snack choices to suit your lifestyle. You will receive weekly communication and feedback as well as access to a nutritionist via whatsapp/email to answer any questions at any time.

What's included:

- 1 x 60-90 minute 1-2-1 consultation
- Initial skin fold caliper testing*
- Food diary analysis*
- Example meal plan (max 7d)
- Extensive written feedback*
- Personalised supplementation advice
- 5 x 30-minute 1-2-1 follow-ups
- Continuous support and communication for 16 weeks
- Final skinfold caliper testing*

£1,249.00

The optimum nutrition & lifestyle package

The optimum nutrition & lifestyle package can be set up exactly how you would like it. You will receive all the support detailed in the goal focussed package with a much more personalised approach including bespoke meal and snack choices to suit your lifestyle. You will receive weekly communication and feedback as well as access to a nutritionist via whatsapp/email to answer any questions at any time.

What's included:

- All elements of the 'Food Boss' nutrition package with an * as well as the following:
- 13 x 30 minute 1-2-1 follow-ups
- Ongoing support and communication for 26 weeks
- 6 week rotating menu cycle including shopping list
- 6 x cooking sessions and supermarket trips

£11,785.00

Follow-up consultations

These consultations are suited to anyone who has undertaken a previous nutrition package and would like additional support to maximise ongoing progress. Appointments can be made in advance or on an add-hoc basis. The main purpose of follow-up appointments is to tweak food plans, ask further questions, change personal goals, break through plateaus and alter supplementation programmes.

What's included:

- 1 x 30 minute 1-2-1 consultation with written follow up notes

£75.00

Continuous support

The continuous support package is suited best to those who have undertaken a nutrition service previously and are looking for more dedicated support to help them achieve or maintain their goals with regular accountability checks.

What's included:

- Weekly contact to ensure progress is tracked effectively and efficiently
- Minimum monthly overview report showing progress towards goal/s
- Small tweaks & updates to personalised plan as and when needed to align with goal
- Repeat skinfolds at 6-10 week intervals depending on bodyweight changes
- 15-30 minute 1-2-1 follow-ups every 1-2 weeks

Please note that these prices can be discussed with your nutritionist based on your situation

Per month £195

3 months £519 (£173/month)

6 months £996 (£166/month)

Skinfold caliper testing

This service is best for anyone who wants to track their body composition changes quickly and easily. All practitioners have completed the Mac Nutrition Uni skinfold caliper testing certification.

What's included:

- An 8-site body fat assessment using the standardised techniques outlined by the International Society of the Advancement of Kinanthropometry (ISAK)
- A detailed descriptive feedback report based on your individual results testing

Initial testing **£50.00**

Follow-up **£30.00**