



Nutrition Services Brochure

Personalised Nutrition Work-up

£99

This is our most popular service and forms the foundation of every following service. This is suited to anyone who wants to see us just once and get their nutrition questions answered, their current dietary practices assessed and to be given the key information needed to achieve their goals. You will receive immediate professional feedback and written recommendations on how to change/improve your current dietary practices in order to reach your personal goal.

90-Minute 1-2-1 Consultation
Extensive Written Feedback
Personalised Supplementation

Guided Nutritional Improvement

£199

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

90-Minute 1-2-1 Consultation
Extensive written feedback
Food Diary Analysis
Follow-up 60-Minute 1-2-1
Personalised Supplementation

Goal-Specific Nutritional Plan (24 weeks)

£475 (£20 per week)

This service package is designed for someone who has a clear set of goals in mind and is dedicated to achieving them. It provides periodised nutrition planning, ongoing support, written information and motivational guidance to help reach your goals quickly and effectively. This package works well with continued monthly support (see add-ons).

60-Minute 1-2-1 Consultation

Food Diary Analysis

Example Meal Plan (max 3days)

Follow-up 60-Minute 1-2-1

Initial Skinfold Caliper Testing

12 Bi-weekly Ongoing Support

Final Skinfold Caliper Testing

The Complete Nutrition Package (20 weeks)

£799 (£40 per week)

The Complete Nutrition Package can be set up exactly as you would like it but as a default we take all the hard work out of the nutrition plan. We do not leave any need for interpretation i.e. rather than being given an idea of what and what not to eat, you will be given an exact plan that lays out every meal and snack you should eat, how much of each food and at what times of day to eat them whilst personalising every piece of information to your lifestyle, personality and preferences. Alongside this, you will receive weekly ongoing support, written information and motivational guidance.

90-Minute 1-2-1 Consultation

Food Diary Analysis

Personalised Supplementation

Extensive Nutrition Plan

Initial Skinfold Caliper Testing

Follow-up 60-Minute 1-2-1

20 Weeks Ongoing Support

Final Skinfold Caliper Testing

Additional Services: Optional Add Ons

After Care Appointments / Follow-Up Consultations

This service is suited to anyone who has undertaken a nutrition service with us and would like additional support to ensure ongoing progress. Appointments can be made in advance or on an ad-hoc basis to tweak food plans, ask any further questions, change personal goals, break through plateaus, alter supplementation programmes etc.

60 min appointment - £49

Skinfold Caliper Testing

This service is suited to anyone who wants to track their body composition changes quickly and easily. This service includes:

- 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

Initial Testing £40

Follow-up £25

Corporate and Group Seminars

Price on application

Ongoing Support - Following on from any of the above packages

What you get with this add-on service:

- Weekly email contact to ensure progress is tracked effectively and efficiently
- Small tweaks & updates to personalised plan as and when needed
- Repeat skinfolds at 6-10 week intervals depending on bodyweight changes
- 30-60 minute 1-2-1 follow-up appointments every 4 weeks

Price per month – £99.00

3 months – £249

6 months - £499

Monthly Personal Training

1-2-1 Personal Training for 60 mins , each session structured to your goals.

1 session per week £130pm

2 sessions per week £260pm

3 sessions per week £390pm