



PACKAGE LIST

Package 1

Meal Plan Session 1 - Assessment

Package 1 is my most popular and **recommended** offering.

This package involves **two** consultations.

The initial consultation is your assessment session.

I will analyse your body composition (Using our INBODY270 / 770 machine), blood results (if you have available - if you do not have, do not worry, if we feel it is necessary we will give you a form to do them after the consultation. Please note we do not do blood tests during the consultation), clinical signs, dietary history and medical history and lifestyle.

I use this above information to create you a meal plan that is specific to your body requirements and goals, dietary likes/dislikes, specific nutritional requirements, and your daily activity/exercise regime.

You will then be booked in for your second session to collect your plan.

*** Vitality points can be awarded in this session*

Time: 1 hour

Cost: R1100.00 per person/ R1500.00 per couple

Meal Plan Session 2 - Meal Plan Collection

Within 24 to 48 hours, I will schedule our second consultation.

During this time period, I go do all my homework and create you an eating plan made specifically for you and your goals.

In this consultation, I will guide you through how to successfully implement your meal plan as well as 'teach' you how to eat in a balanced and sustainable way.

I will give you the following nutritional tools:

- Healthy Shopping lists
- Food switch out lists
- A calorie-counted menu (with lots of different options)

Restaurant guide, take outs, recipes and anything else you may need to achieve your goal.

Time: 1 hour

Cost: R1100.00 per person/ R1500.00 per couple



**** I ADVISE PRE-BOOKING THIS SECOND CONSULTATION WITH YOUR MEAL PLAN SESSION 1 SO THAT YOU DO NOT NEED TO WAIT TOO LONG TO FETCH YOUR PLAN**

Follow-ups

The follow up sessions are your support process to support you along your journey.

These consultations involve monitoring your progress, making any necessary dietary intake adjustments, and ensuring accountability.

All Follow-up sessions include an INBODY report

The number of follow-ups required is entirely up to you and the amount of support you need in this process.

Time: 30 min

Cost: R580.00 per person/ R780.00 per couple

Package 2

Meal Plan in one consult

This package is for someone who wants a plan, but does not feel that they need ongoing support from the dietitian.

The structure of this session is the same as Package 1 - except you do not have the second session whereby I teach you 'how to eat' in terms of a lifestyle.

Within 24 to 48 hours, we will email your personalised meal plan and guide you through how to successfully implement your meal plan to achieve reach your individualised desired goals.

Your email will include the following nutritional tools:

- Healthy Shopping lists
- Food switch out lists
- A calorie-counted menu

Restaurant guide, take outs and recipes

*** Vitality points can be awarded in this session*

Time: 1 hour

Cost: R1 800.00 per person / R2 550 per couple

Package 3

MENU

The purpose of this session is to allow us to create you a 7 to 14 day menu with your core nutrition essentials, tailored to your body requirements and goals, dietary likes/dislikes, specific nutritional requirements, and your daily activity/exercise regime.

We do not teach you how to switch out foods or move meals around, you simply, just follow the menu.

Within 24 to 48 hours, we will email you your basic meal plan and dietary guidelines.

*** Vitality points can be awarded in this session*

Time: 1 hour

Cost: R1 500.00 per person / R2 000 per couple

Package 4

Family Plan - for up to 4 family members.

The initial consultation is your assessment session.

I will analyse your body composition (using our INBODY 270 / 770 machine), blood results (if you have available - if you do not have, do not worry, if we feel it is necessary we will give you a form to do them after the consultation. Please note we do not do blood tests during the consultation), clinical signs, dietary history and medical history and lifestyle.

I use this above information to create you a meal plan that is specific to your body requirements and goals, dietary likes/dislikes, specific nutritional requirements, and your daily activity/exercise regime.

You will then be booked in for your second session to collect your plan.

** Vitality points can be awarded in this session

Time: 1 hour 30 minutes

Cost: R710.00 per person

Meal Plan Session 2 - Meal Plan Collection

Within 72 hours, I will schedule our second consultation.

During this time period, I go do all my homework and create you an eating plan made specifically for you and your goals.

In this consultation, I will guide you through how to successfully implement your meal plan as well as 'teach' you how to eat in a balanced and sustainable way.

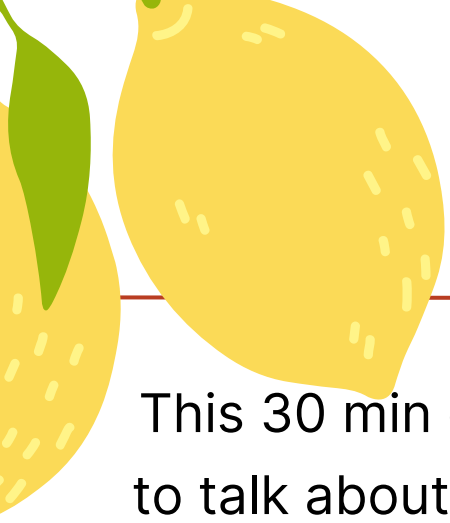
I will give you the following nutritional tools:

- Healthy Shopping lists
- Food switch out lists
- A calorie-counted menu (with lots of different options)

Restaurant guide, take outs, recipes and anything else you may need to achieve your goal.

Time: 1 hour 30 minutes

Cost: R710.00 per person



Package 5

Vitality Assessment

This 30 min consultation has no specific structure. We can use this consult to talk about any nutrition-related goal you are working towards, nutritional concerns/queries or medical conditions e.g. high cholesterol

This consult is fully claimable from Discovery Health. After the consult, simply login into your profile and upload your invoice online to claim 1000 vitality points.

Time: 30 minutes
Cost: R520.00 per person

Package 5

InBody Assessment

This consult involves an InBody assessment using our InBody 270 / 770 machine.

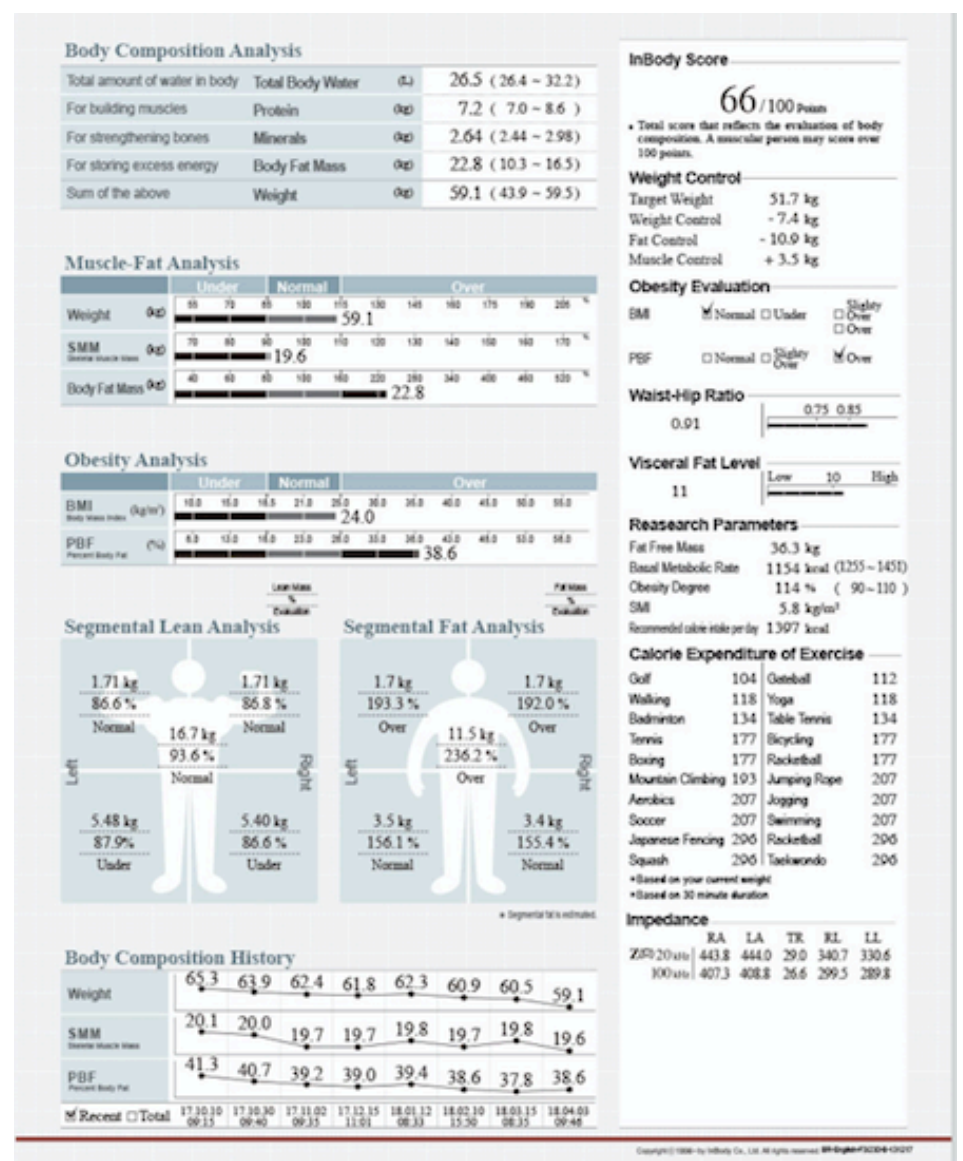
The InBody assessment will accurately measure fat mass, mineral density, muscle and water weight. This gives us an indicator of your body type and what your body individually needs.

This allows us to track composition changes over time and strategise your focus areas to create individualised dietary advice to achieve your desired goals.

All meal plan, follow-up sessions and vitality sessions include an INBODY reading.

Time: 30 minutes
Cost: R580.00 per person

Please see below an example of an InBody report.





ONLINE CONSULTATIONS

Meal Plan Session 1

The initial consultation is your assessment session.

I will analyse your body composition, blood results (if you have available - if you do not have, do not worry, if we feel it is necessary we will give you a form to do them after the consultation. Please note we do not do blood tests during the consultation), clinical signs, dietary history and medical history and lifestyle.

I use this information to create you a meal plan that is specific to your body requirements and goals, dietary likes/dislikes, specific nutritional requirements, and your daily activity/exercise regime.

Time: 1 hour

Cost: R1100.00 per person/ R1500.00 per couple

Meal Plan Session 2

Within 24 to 48 hours, I will schedule our second consultation.

During this time period I go do all my homework and create you an eating plan made specifically for you and your goals.

In this consultation, I will guide you through how to successfully implement your meal plan as well as 'teach' you how to eat in a balanced and sustainable way.

I will give you the following nutritional tools:

- Healthy Shopping lists
- Food switch out lists
- A calorie-counted menu

Restaurant guide, take outs, recipes and anything else you may need to achieve your goal.

Time: 1 hour

Cost: R1100.00 per person/ R1500.00 per couple

**** I ADVISE PRE-BOOKING THIS SECOND CONSULTATION WITH YOUR MEAL PLAN SESSION 1 SO THAT YOU DO NOT NEED TO WAIT TOO LONG TO FETCH YOUR PLAN**

