

## **12-week programme – what you get**

### *Personalised Nutritional Assessment*

Initial health and lifestyle consultation consisting of comprehensive analysis of your health history, dietary habits, lifestyle and current health concerns or goals.

### *Personalised Dietary Programme*

- A nutrition plan tailored to your unique needs, health concerns, likes and dislikes.
- Addressing chronic health conditions with temporary specialised diets when necessary and appropriate, using the 5R approach – remove, replace, reinoculate, repair and rebalance.
- Recipe Development – sharing easy-to-follow, nutrient dense recipes for you to create healthy meals suitable for you.

### *Supplementation Plan*

A personalised supplementation plan based on your individual needs when necessary and appropriate, using only high quality, science backed products that are safe and effective.

### *Nutritional Education and Coaching*

- One to one coaching sessions – weekly check-in phone calls to discuss your progress or challenges, adjust recommendations if needed and to answer any questions you may have.
- Building your understanding of food labels, meal preparation, balanced meals and macronutrients & micronutrients.

### *Support all body systems*

Implement holistic health and wellbeing by nurturing all of the systems of the body including detoxification pathways, energy production, hormonal balancing, gut health and mental wellbeing.

### *Lifestyle Coaching*

Supporting you to create a lifestyle plan that promotes holistic wellbeing and long-term health. These include – stress management, movement & exercise, sleep support and self-care.

**Also:**

*Nutritional Deficiency Screening*

Detailed assessment of nutrient intake and possible deficiencies using professional dietary analysis software, or more detailed screening through laboratory testing.

*Meal Planning*

Personalised meal plan based on your unique goals, preferences and nutritional needs.

- 3 One to one consultations
- 9 Weekly check in phone calls
- A report outlining your symptoms, nutrient deficiencies and how to address them
- Full recommendation protocol including dietary, supplementation and lifestyle
- Recipe ideas suitable for you and your protocol
- Guidance, coaching & support throughout
- **Optional Extras:**
- Nutritics Report
- Functional laboratory testing
- Custom Meal Planning.