

ONCE OFF MEAL PLANS

WHAT IT INCLUDES:

- A quick 30-minute online or in-person session to gather information for the diet
- Note: this session will not include a full diet analysis and diet education in the session and is only for gathering information on the structure of the meal plan and your specific diet goals and needs.
- It will include a 5-day flexible meal plan with options.
- I would recommend this if you are already on the right track with your nutrition and just want a bit more of a guideline on what and how much to eat.

R400

ONCE-OFF BODY COMPOSITION SCAN

WHAT IT INCLUDES:

- You can come do a full body composition scan at my practice for R100 per person.
- This is also ideal for groups of people like sports teams and athletes looking into improving body composition for performance.
- The Inbody scan will be emailed to you within 1-2 days.

R100

EDUCATIONAL SESSION

WHAT IT INCLUDES:

- Educational sessions are good for if you do not need a meal plan.
- Not everyone wants to follow a meal plan and might just want to work off guidelines.
- During the educational session we will do an Inbody analysis scan, a full diet analysis and diet education as needed.

R400

**I ALSO HAVE A COUPLES AND FAMILY CONSULTATION OPTION.
GO TAKE A LOOK AT MY BOOKING PAGE FOR MORE
INFORMATION ON WHAT IT INCLUDES**

FULL CONSULTATION & MEAL PLAN

WHAT IT INCLUDES:

- 1 x 60-90 minute initial consultation where we will gather information and discuss diet.
- 1 x Body composition scan
- 1 x Fully customized meal plan based on your nutrition goals
- The meal plan consist out of 5 options that you can choose from to build your own meals at breakfast, lunch and supper.
- Access to condition specific guides
- Support over WhatsApp when needed.
- You can claim back from medical aid after the session.

R990

(RECOMMENDED)

3-MONTH WEIGHT MANAGEMENT

WHAT IT INCLUDES:

- 1 x 60-90 minute initial consultation
- 1 x check in and 1 x follow up consultations per month after the first initial consultation (5 sessions in total)
- 3 x Body composition scans (monthly)
- Fully customized meal plan based on your nutrition goals
- Changes to the meal plan as needed after each follow up session.
- Access to condition specific guidelines.
- Support over WhatsApp when needed.
- You will pay upfront and after each session a statement will be sent to you to claim back from medical aid if needed.

R2000

NORMAL FOLLOW UP SESSIONS

WHAT IT INCLUDES:

- Follow up sessions are booked every 4-6 weeks depending on client progress and needs.
- Another Inbody scan is done in every follow up session
- The meal plan is adjusted as needed after each follow up session and sent out again after 1-2 days.
- Any barriers and issues are discussed in the follow up sessions and plans are adjusted accordingly.
- The follow up sessions are roughly 30-60 minutes per session.
- All follow up sessions can be claimed back from medical aid after the session.

R400