

# NUTRITION CONSULTATION STRUCTURE

## INITIAL CONSULTATION

The aim of the initial consultation is to get to know you & conduct a thorough assessment of you as an individual so that all advice & plans can be personalised to your unique needs. This consultation may focus on working together to form an action plan / meal plan / support plan or a combination of plans.

## REVIEW / FOLLOW UP CONSULTATION

The aim of the review / follow up consultation is to check your progress, adjust your plan if required, and help keep you accountable. These consultations are typically held on a fortnightly to monthly basis and compliment sustainable long term goals and results.

## Consultation Options & Information

### STANDARD CONSULTATIONS & FOLLOW UPS

RECOMMENDED FOR GENERAL HEALTH & LIFESTYLE IMPROVEMENTS

Together we create a personalised action plan made up of 2-3 small, focused & achievable steps to ease you into making nutrition & lifestyle changes inline with your goals, before taking on a meal and/or support plan consultation if desired.

Progress check and review of steps and actionable tasks occurs in follow up consultation(s).

### PERSONALISED MEAL PLAN CONSULTATION

RECOMMENDED FOR WEIGHT LOSS/GAIN, BODY COMPOSITION GOALS ETC.

The aim of this consultation is to go over your personalised meal plan in detail, addressing any nutrition specifics to ensure you understand the plan.

If you are someone you prefers structure and would like a moderate-strict dietary plan to help fast track your goals, then this approach may be best for you. This approach is generally more effective for short term health goals relating to body composition.

### PERSONALISED SUPPORT PLAN CONSULTATION

RECOMMENDED FOR PROGRESSIVE NUTRITION & LIFESTYLE CHANGES

The aim of this consultation is to go over your personalised support plan in detail, explaining your plan specifics, guidelines and recommendations, and how to apply these, ensuring that you understand the plan.

If you are someone who prefers flexibility & a gentler approach to nutrition changes, then this approach may be best for you. This method allows you to slowly integrate nutritional, supplemental and lifestyle changes. This approach is generally more effective for long-term & sustainable health goals.

### PERSONALISED MEAL +PLUS SUPPORT PLAN CONSULTATION

RECOMMENDED FOR THE BEST RESULTS & SUSTAINABLE WEIGHTLOSS/GAIN, BODY COMPOSITION GOALS +PLUS PROGRESSIVE NUTRITION & LIFESTYLE CHANGES.

The aim of this consultation is to go over your meal +plus support plan in detail, addressing any nutrition specifics, guidelines and recommendations, and how to apply both, and ensuring that you understand both plans.

This approach offers the most value and generally the best results, combining the benefits of implementing both plans to create the highest likelihood of you reaching your goals and seeing results.



# NUTRITION CONSULTATION PROCESS

1

Register your Interest & complete a complimentary 'Intake Health Assessment'

2

15 Min 'Discovery Chat' and/or Book Consultation

3

PRE-CONSULTATION STEPS :  
Pre-Consultation Health Questionnaire

+

Body Measurements Recorded and/or InBody 770 Body Composition Scan\*

\*InBody Scan is Optional and not included in Pricing

+

7 Day Food & Drink Diary

4

1:1 Initial Consultation 60 MINUTES (Online)

5

1:1 Review / Follow Up Consultation(s) 30-40 MINUTES (Online)



PLEASE NOTE: THIS IS A GENERAL GUIDE TO MY NUTRITIONAL COACHING PROCESS  
AND MAY VARY DEPENDING ON YOUR INDIVIDUAL GOALS & REQUIREMENTS

PLEASE REFER TO 'CONSULTATION INFORMATION' & 'PRICING & OPTIONS'  
FOR MORE INFORMATION ON SPECIALISED CONSULTATIONS & VALUE PACKAGES