



Standard 1:1 Consultations

Initial Consultation (60 mins)	\$120
Extended Initial Consultation (90 mins)	\$175
Follow Up Consultation (30 mins)	\$60
Extended Follow Up Consultation (40 mins)	\$75

Specialised 1:1 Consultation

Health, Diet & Lifestyle Assessment +PLUS Initial Consultation	\$275
<p><i>Includes:</i></p> <ul style="list-style-type: none"> + 1:1 Initial Consultation (90 mins) + Review of your Health, Diet & Lifestyle + Analysis of your 7 Day Food & Drink Diary + Areas of Improvement & Change Identified (inline with your Goals) + Recommended Macros & Dietary Guidelines (inline with your Goals) + Personalised Guidance & Education 	

1:1 Value Packages

6 Weeks	'Kick Starter' Package 1				
<ul style="list-style-type: none"> + Health, Diet & Lifestyle Assessment + 1 x Initial Consultation (90 mins) 					
<table style="width:100%; border:none;"> <tr> <td style="width:50%; border:none;"> <ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) </td> <td style="width:10%; text-align:center; border:none;">OR</td> <td style="width:40%; border:none;"> <ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins) </td> </tr> </table>			<ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) 	OR	<ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins)
<ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) 	OR	<ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins) 			
<ul style="list-style-type: none"> + Personalised Fortnightly Meal <i>or</i> Support Plan OR +Combo of Both + 2 x Fortnightly Review Consultations (30 /40 mins) + Tailored Education & Resources + Email Support & Guidance between Consultations + Accountability Check Ins 					
<table style="width:100%; border:none;"> <tr> <td style="width:50%;">\$470</td> <td style="width:10%; border:none;"> </td> <td style="width:40%;">\$540</td> </tr> </table>			\$470		\$540
\$470		\$540			

8 Weeks	'Stay on Track' Package 2				
<ul style="list-style-type: none"> + Health, Diet & Lifestyle Assessment + 1 x Initial Consultation (90 mins) 					
<table style="width:100%; border:none;"> <tr> <td style="width:50%; border:none;"> <ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) </td> <td style="width:10%; text-align:center; border:none;">OR</td> <td style="width:40%; border:none;"> <ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins) </td> </tr> </table>			<ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) 	OR	<ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins)
<ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) 	OR	<ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins) 			
<ul style="list-style-type: none"> + Personalised Fortnightly Meal <i>or</i> Support Plan OR +Combo of Both + 3 x Fortnightly Review Consultations (30 /40 mins) + Tailored Education & Resources + Email Support & Guidance between Consultations + Accountability Check Ins 					
<table style="width:100%; border:none;"> <tr> <td style="width:50%;">\$565</td> <td style="width:10%; border:none;"> </td> <td style="width:40%;">\$625</td> </tr> </table>			\$565		\$625
\$565		\$625			

1:1 Premium Value Package

12 Weeks	'Transform & Sustain' Package 3				
<ul style="list-style-type: none"> + Health, Diet & Lifestyle Assessment + 1 x Initial Consultation (90 mins) 					
<table style="width:100%; border:none;"> <tr> <td style="width:50%; border:none;"> <ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) </td> <td style="width:10%; text-align:center; border:none;">OR</td> <td style="width:40%; border:none;"> <ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins) </td> </tr> </table>			<ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) 	OR	<ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins)
<ul style="list-style-type: none"> + 1 x Meal <i>or</i> Support Plan Consultation (40 mins) 	OR	<ul style="list-style-type: none"> + 1 x Meal +PLUS 1 x Support Plan Consultation (50 mins) 			
<ul style="list-style-type: none"> + Personalised Fortnightly Meal <i>or</i> Support Plan OR +Combo of Both + 5 x Fortnightly Review Consultations (30 /40 mins) + Tailored Education & Resources + Email Support & Guidance between Consultations + Accountability Check Ins 					
<table style="width:100%; border:none;"> <tr> <td style="width:50%;">\$745</td> <td style="width:10%; border:none;"> </td> <td style="width:40%;">\$795</td> </tr> </table>			\$745		\$795
\$745		\$795			