

CORE NUTRITION

S E R V I C E S & P R I C I N G

Services & Pricing

Core Nutrition helps you feel your best—without the overwhelm. It's all about progress, not perfection, with practical, sustainable nutrition that fits your life. No fads, no extremes—just fun, achievable steps toward a healthier, happier you!



New to Core Nutrition?

Start your journey today—book your initial consultation now!



Book here: www.mycorenutrition.co.uk

WhatsApp: 07879 230 326

COMING SOON

AGGRESSIVE DIETING

Backed by science. Got an event coming up, but not the time! Enquire for further info.

GROUP COACHING

Intake two for the next Core Nutrition 6-week group coaching begins soon. Reserve your spot now as spaces go fast for this one.

FEMALE HEALTH AND HORMONE BALANCE

This personalised approach takes into account unique female health needs, lifestyle, and goals, ensuring your nutrition plan is tailored to keep your hormones in balance. From reducing PMS symptoms to boosting energy and improving mood, the focus is on strategies that to help feel more vibrant and empowered.

Initial Consultation £55

I-2-I Consultation

Written Feedback, Including Personalised Supplementation

At Core Nutrition, I believe that the best results come from a personalised approach. This in-depth consultation is designed to explore your health profile, goals, and lifestyle, ensuring your nutrition plan is tailored specifically to you.

Following our session, you'll receive detailed written feedback, including customised nutrition strategies and a personalised supplementation plan to support your unique needs. This ensures you have the right tools to take control of your health, fuel your body effectively, and achieve lasting results.

Your journey, your health, your results—let's get started.

Weight Loss Nutrition Goal Package - 6 Weeks £199

(Optional add-on support available as needed)

This package is designed for individuals who want to optimise their nutrition to achieve sustainable weight loss. Whether you're looking to shed a few pounds or achieve a significant transformation, this service ensures your nutrition is aligned with your weight loss goals.

It starts with an in-depth food diary analysis to assess your current intake and identify areas for improvement. After implementing targeted changes, a follow-up consultation refines your plan based on your progress, ensuring your nutrition is perfectly tailored to support consistent fat loss.

Fuel smarter, lose weight effectively, and feel your best with Core Nutrition.

Performance Nutrition Goal Package - 6 Weeks £199

(Optional add-on support available as needed)

This package is designed for individuals who want to optimise their performance, recovery, and energy levels through strategic nutrition. Whether you're training for a competition, pushing for personal bests, or simply aiming to perform at your peak, this service ensures your nutrition supports your goals.

It starts with an in-depth food diary analysis to assess your current intake and identify areas for improvement. After implementing targeted changes, a follow-up consultation refines your plan based on your progress, ensuring your nutrition is fine-tuned for maximum performance gains.

Fuel smarter, recover faster, and perform better with Core Nutrition.

Core Nutrition Hyrox Package – 6 weeks £199

(Optional add-on support available)

Are you ready to dominate your Hyrox event? My evidence-based nutrition program is designed to fuel your performance and recovery, whether you're aiming to improve endurance, build strength, or hit a new personal best.

We'll start by tailoring your nutrition to your training program, ensuring you're fuelling your body with the right balance of carbohydrates to power through workouts, boost endurance, and speed up recovery. We'll also focus on carb timing to optimise energy levels and performance.

In addition to personalised nutrition, I'll guide you on effective supplementation to enhance your results, helping you train harder, recover faster, and perform better.

This package includes a weekly check-in to track progress and make adjustments as needed to ensure you're ready to hit your max potential by race day.

All of this for a one-off payment of £199, including pre-race and post-race recovery support.

3-Month Goal-Specific Nutrition Package £249

(One-off payment or pay in 2 instalments)

Food Diary Analysis

Follow-up 60-Minute 1-2-1 Consultation

Example Meal Plan (max 3 days)

Fortnightly Ongoing Support

This package is tailored for individuals who are committed to achieving their specific nutrition goals, whether it's weight loss, muscle gain, improved energy, or overall health. You'll receive a personalised meal plan to kickstart your journey, as well as fortnightly ongoing support to keep you on track with regular check-ins and written guidance.

Along with expert advice, I'll provide the motivation and accountability needed to keep you focused and moving toward your goals. For those looking for continued progress, monthly add-ons are available for extra support, ensuring you stay on course and evolve with your needs.

With Core Nutrition, you'll have all the tools and encouragement to reach and sustain your goals long-term.

The Complete Nutrition Package £499

(One-off payment or split into 2 instalments)

Food Diary Analysis

Extensive Nutrition Plan

Follow-up 60-Minute 1-2-1 Consultation

20 Weeks of Ongoing Support

For those looking to optimise their nutrition and achieve their goals, this package removes all the guesswork. Every aspect of your nutrition will be carefully designed to suit your lifestyle and personal needs.

You'll receive a fully detailed nutrition plan, covering exact meal compositions, portion sizes, and nutrient timing to help you feel your best. This plan is personalised to your unique lifestyle, preferences, and goals—ensuring it's both practical and effective.

With 20 weeks of ongoing support, including regular check-ins, written adjustments, and motivational guidance, you'll have expert accountability every step of the way. Core Nutrition takes care of the strategy—so you can focus on living your best, healthiest life. Serious results require a serious plan—let's fuel your success.

Monthly Subscription £49 per month (cancel anytime!)

Disclaimer: Monthly Subscriptions

Please note that monthly subscriptions are exclusively available to clients who have previously completed a package with Core Nutrition. This is to ensure that all subscribers have the foundational knowledge and personalised guidance necessary to get the most out of the ongoing support. My subscription model is designed to build upon the work completed during your initial package, and as such, is not suitable for those who have not yet undergone this process.

If you're new to Core Nutrition, I recommend starting with one of my tailored packages to ensure you get the best results and the support you need from day one.

Looking for ongoing accountability and expert support? The Core Nutrition Monthly Subscription helps you stay on track with structured check-ins and expert guidance, ensuring you maintain progress and make sustainable changes.

What's Included?

- ✓ Access to the Core Nutrition App – Your hub for tracking progress and staying connected.
- ✓ Weekly Check-Ins – Keep momentum high with expert feedback and adjustments.
- ✓ Support & Guidance – Stay accountable without a long-term commitment.

Perfect for You If:

- ✓ You want to stay on track but don't need to continue with intensive coaching.
- ✓ You prefer flexibility (cancel anytime).
- ✓ You've already had an initial consultation, including written feedback & personalised supplementation.

Stay accountable. Keep progressing. Feel your best.

Training and Exercise Support

Price on enquiry

At Core Nutrition, I'm proud to collaborate with personal trainer Nicki:Fit, an expert in female health, focusing on fat loss, body composition, and helping women feel their best.

Whether your goals are related to fitness, health, or confidence, our partnership provides you with comprehensive support tailored to your needs.

With Nicki's expertise in training and my personalised nutrition plans, you'll have everything you need to achieve and exceed your goals with confidence and ease.