



NUTRITION SERVICES PRICING

Our Baseline package includes:

- Initial 45 minute consultation
- Custom meal plan (7 meals) with nutritional content breakdown
- 30 minute check-in follow up (2 weeks later)
- Mindful Tracking Note Guide

PRICE: £150

ADD ONS



Personal Training: 45 minutes £50
1 hour £60

Group Classes: regular Price £25 per class,
but with nutrition services £22 a class

Recipe/Instructions: +£5 per meal

Chef Prepared Meals- £25-30 a meal
depending on dietary needs

Meals Prepared by local business Heathside Kitchen
www.heathsidekitchen.co.uk