



SOPHIE PRATT

REGISTERED DIETITIAN AND
FITNESS INSTRUCTOR

SERVICES

DIETETIC CONSULTATION (1 HR) – €95

Nutritional assessment • Body composition analysis • Diet history and nutritional analysis • Supplementation guidance • Consultation report

DIETETIC CONSULTATION (1 HR) INCLUDING MEAL PLAN – €145

Nutritional assessment • Body composition analysis • Diet history and nutritional analysis • Supplementation guidance • Consultation report • Individualized meal plan • Recipes • Shopping list • Client Portal Access • 3 x weekly check-ins

NEW MEAL PLAN – €50

Must be preceded by an initial dietetic consultation

MINOR MEAL PLAN ALTERATIONS – €25

Minor changes to your current meal plan provided following a dietetic consultation

BODY COMPOSITION ANALYSIS SCAN – €35

Body Composition Analysis scan • Short explanation of results • Emailed report of measurements • Maximum consultation time 15 minutes

ONLINE PERSONAL TRAINING

1 SESSION – €50

10 SESSIONS €450

One to one Personal Training through video (e.g. Teams, Zoom or Whatsapp)
45 min – 1 hr sessions
No gym equipment needed

PERSONALIZED GYM PROGRAM – €45

Gym/Exercise program tailored towards your individual needs
Plan can be gym or home/no equipment based

GROUP TALKS / PRESENTATIONS

Get in touch for more information



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