



SOPHIE PRATT

REGISTERED DIETITIAN AND
FITNESS INSTRUCTOR

SERVICES

PRICES FROM 1ST JAN 2023

DIETETIC CONSULTATION (1 HR) – €100

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

DIETETIC CONSULTATION (1 HR) INCLUDING MEAL PLAN – €160

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 – €60

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

ADDITIONAL MONTH OF WEEKLY CHECK-INS (4 NO.) – €30

Continuation of weekly check-ins following initial consultation for 4 consecutive weeks. Check-ins include dietitian feedback relating to weight input and progress update provided by client

BODY COMPOSITION ANALYSIS SCAN – €40

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

ONLINE PERSONAL TRAINING

1 SESSION – €55

10 SESSIONS – €500

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 – €50

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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