



PRICES FROM 1ST JANUARY 2025

## **DIETETIC CONSULTATION (1 HR) – €110**

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

## **DIETETIC CONSULTATION (1 HR) INCLUDING MEAL PLAN – €180**

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

## **EXTENDED DIETETIC CONSULTATION (1½HR) – €160**

Additional time required for extended consultations (e.g. couples)

## **EXTENDED DIETETIC CONSULTATION (1½HR) INCLUDING MEAL PLAN – €290**

Package for couples including additional time required for extended consultation and 2 Meal Plans

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## **NEW MEAL PLAN – €70**

Must be preceded by an initial dietetic consultation

## **ADDITIONAL MONTH OF WEEKLY CHECK-INS (4 NO.) – €40**

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 – €45**

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

## **PERSONALIZED GYM PROGRAM – €55**

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

