

Modest Pace

**Nutrition & Lifestyle Consultation
plus 3 x Follow Up Coaching Sessions
(average 8-12 wk plan)**

**Suitable for those who want more coaching support
Consultation 60 mins**

Fee £180

- Includes Nutrition and Lifestyle Consultation.
- Analysing 14 day food diary. This will help me see the "bigger picture" regarding your needs and to identify any nutrient and lifestyle imbalances.
- Advice about how foods containing specific nutrients will help you to reach your health goals (likes and dislikes noted!) Understanding *why* I'm recommending certain foods for you is crucial for you to be able to make knowledgeable food choices in the future with confidence.
- Advice on lifestyle practices that will support you for the long-term.
- A set of off Action steps based on my recommendations.
- Healthy meal and recipes
- Follow up coaching session x3

Follow Up Coaching Session x 3

Duration: 30 mins

Includes:

- Assessing progress made first session preferably face to face if possible.
- Exploring and managing any difficulties you may have in making suggested changes. Its normal to struggle at times but we can work together to achieve desired outcome.
- Updating of Action plan and setting our new steps as appropriate.
- Final 20 min check in after third session to ensure you are making progress and reaching your goals.

This programme can be paid in two instalments