



## On Site Nutrition in Andalucia, Spain

165€ per working day

Working with Paul at Paul Ross Fitness [www.paulrossfitness.com](http://www.paulrossfitness.com), I provide personalised nutrition at their beautiful retreat in Andalucia, southern Spain

Minimum period for me is 1 week (6 working days), maximum period 4 weeks (24 working days). For each week I am with you, the 7 day meal planner is included in the price but groceries are extra. In the run up to your retreat, I will schedule a zoom meeting so I can gather all the information I need to write you the personalised 7 day nutrition plan

I will be on hand preparing all your food and there for you to help you get to grips with what may be a massive change in the way you fuel yourself. I will provide you with breakfast, lunch and supper, plus snacks – usually a mid morning smoothie and an afternoon treat

I will sit with you for 1 scheduled hour each day and talk over good nutrition and how to make it work for you. I will make sure you are fully informed so you can continue on your fitness journey once my time is up



Get in touch for more information on availability and the fabulous training and accommodation available at Paul Ross Fitness. Don't delay - we only have a few slots per year!

You can have a look at the accommodation here at [www.thecasitaspain.com](http://www.thecasitaspain.com)

## Optional On-Going Consultation Support

For a monthly fee of 96€ we will scheduled 1 hour per week. That could be a phone call, a zoom meeting, me providing written feedback on your weekly food diary, the choice would be yours.

And I am available at any time if you want to email me. On-going support to help grow your confidence, keep you on track and achieve your goals

