



Transition to Plant Based Eating Service

Tailor made nutrition, designed around what you already have in your kitchen and exactly for your needs

I start with a few emails, followed by a zoom session to get a full picture of what you need. You then need to send me a detailed list of all food you have so I can design the first week to use up what you have and ease you into a plant based regime. You will receive a full plan per week which will include all the recipes, the nutritional breakdown, kitchen tips, the shopping list plus a daily guide to help you with food prep

I am available at any time of day throughout the plan duration, if you need me. Ring me from the kitchen if you're struggling, ring me from the supermarket if you're unsure of the shopping list – whatever you need, I'm here for you

150€ for the 1st Week, 50€ per week thereafter



Optional On-Going Consultation Support

For a monthly fee of 96€ we will schedule 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

