



Bespoke Nutrition Service

Tailor made nutrition designed 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 will receive a full plan which includes 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 – what ever you need, I'm here for you

The first week is priced at 70€. Any follow-on weeks are more economical as we will have done the zoom session and so are priced at 50€ per week



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

