



Service List

1-2-1 Nutrition Discovery Session

Free 15-minute in-person discovery session. Book a slot in the app if you are looking for either of the following:

- Some basic advice to kick-start your nutrition journey, or if you have any quick questions and would like personal, tailored guidance.
- To book a personalised Nutrition Coaching Package. We'll discuss your goals and help you choose the package that best suits your needs. If you're ready to dive deeper into a customised nutrition plan, we can arrange a follow-up at a time that works for you.

Basic Nutrition Package

The Basic Nutrition Package consists of the following:

- Pre-consultation form to be filled out in advance, including questions about current lifestyle and diet.
- 90-minute initial consultation to study the answers from the pre-consultation form.
- 45-minute follow-up consultation on the nutrition/ lifestyle plan.

Price

199€

Premium Nutrition Coaching Package

If you would also like ongoing nutritional and lifestyle support, this is your package:

- Everything in the basic package.
- Weekly check-ins via the coaching app Apotheo.

Price Options

279€ (includes initial consultations + 1 month of support/coaching).

450€ (includes initial consultations + 3 months of support/coaching).

675€ (includes initial consultations + 6 months of support/coaching).

Additional:

1 month support/coaching: 99€

3 months support/coaching: 275€

6 months support/coaching: 500€

NUTRIBALANCE

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