



Nutrition plans for the whole family

The problem with most eating plans is that it is designed for individuals, not for groups or families who eat together. We offer assessments for the whole family, helping you to structure meals and snacks to meet each persons needs.

Needs, are tailored according to lifestyle habits, health risks, preferences, time schedules, age and gender.

Appointments can be scheduled in your home at a time that everyone can participate or at our offices.

What you get:

1. 90 minute assessment
2. Eating plans, recipes, and shopping lists a
3. Supplement advice and the option to purchase certain supplements at a lower price
4. Follow up appointments for 12 months (usually 3-4 over a 3 month period and additional 6 over the next 9 months) *
5. Ongoing support via email and phone

* Follow up appointments are scheduled according to need and affordability

Fees: R 1350for Assessment. Eating plan and first follow up appointment to explain eating plan
Additional follow up Appointments R 550

Onsite visits at addition charge of R50 to cover travel

Fees may be claimed from most medical aids when allowed by the plan.

