

PRICE LIST

TIERED NUTRITION SERVICE PACKAGES



£90
A GREAT STARTER PLAN

60-90 min consultation

Post consultation booklet

Written feedback

£180
4 WEEK PACKAGE

60-90 min consultation

30 min follow up consult

Body composition analysis

Dietary analysis report

Goal strategies

Post consultation booklet

Written feedback

Email support within 3-5 working days *

£420
12 WEEK PACKAGE

60-90 min consultation

4 x 30 min follow up consultations

2 x Body composition analysis

Dietary analysis report

Supplement advice

Personalised calorie and macro targets

Example meal plan (up-to 3 days)

7 day recipe book

Post consultation booklet

Written feedback

Email support within 2-3 working days *

£1000
24 WEEK PACKAGE

2 x 60-90 min consultation

12 x 45 min follow up consultations

4 x Body composition analysis

2 x Dietary analysis report

Personalised supplement plan

Personalised calorie and macro targets

12 x example weekly meal plans

7 day recipe book

Post consultation booklet

Written feedback

Same day email support **

Daily mobile support ***

Facetime support available on request

* Limited to one email per week.

** Limited to one email message per day no more than four times per week.

*** Limited to one call and four text message per day.



WHICH PACKAGE IS MOST SUITABLE?

Each service package has its own value and worth attached to it. Importantly though, all packages are delivered with integrity, professionalism and personalised to your own needs.



This one to one consultation is a great starter plan that is suitable for anyone who wants to see me on a one off basis. With this package I will determine what your current nutritional habits and intake are, and together we will strategise a personalised plan to help you to achieve your goals. You will receive written feedback and recommendations on what we discussed.

£90



This high quality 4-week package is suitable for those who want to be educated on how to make improvements to their eating behaviours, health, performance, and body composition. The inclusions of a dietary analysis report and a follow up consultation allows for more specific recommendations, as well as allowing me to make further adjustments to the initial nutritional advice given.

£180



My gold standard 12-week package is suitable for a proactive individual who has a clear set of goals in mind and is dedicated to achieving them. This package offers further elements on top of the Silver package such as personalised nutritional targets, a 3-day example meal plan, as well as ongoing email support to help you reach your goals.

£420



My premium 24-week service package can be set up exactly as you would like it. You receive example weekly meal plans to show you how to lay out your meals and snacks ensuring that your lifestyle, personality and preferences are fully taken into account. Ongoing daily email and mobile support is offered throughout the duration of the package to help you reach your goals as quickly and effectively as possible.

£1000



ADDITIONAL SERVICES AND BOLT ONS

Numerous add on services are available which can be bolted on to whichever package you decide to choose. Note that some bolt ons may already be included in the service package.



£40

£28 follow-up

BODY COMPOSITION ANALYSIS

This service is suitable for anyone who wants to track their body composition changes in a highly effective way. Where applicable I use an 8 site skinfold calliper assessment alongside girth measurements. This is then tracked overtime to produce reports on your individual results.



£50

£35 follow-up

DIETARY ANALYSIS REPORT

Within this service I am able to assess energy expenditure and dietary intake of up to 258 nutrients to help identify potential deficiencies and optimal nutrition requirements based on variables including age, gender, activity and goals. This service doesn't include example meal plans.



£20

Cost per daily plan

EXAMPLE MEAL PLAN

Example meal plans can be provided to help you achieve your health and performance goals. The example meals plans work well alongside the dietary analysis report. The plans can help show the difference between your existing diet and a recommended diet which is great for motivation.



£30

Cost per 30 mins

CONSULTATIONS

We will discuss goals and any additional support to help you progress on your nutrition journey to optimal health. Prior to the initial consultation you may be asked to fill out a 3 day food diary. Follow up consultations are generally recommended 4-6 weeks after the initial consultation.

Personal Training services and bespoke training plans are also available to bolt on to any nutrition service package. Please contact me for further details.





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