



# Nourish to Flourish

NUTRITIONAL PLAN

Nourish to Flourish is a one-on-one, 3 month programme that offers personalised recommendation on nutrition, lifestyle and supplementation to support your wellbeing.

Guided by your health information, we create an honest, unpretentious nutritional plan to help you meet your specific health goals. We set you up for success, helping you to transform your lifestyle, improving your health and wellbeing and managing chronic health conditions – this service has a lot to offer.

## Your plan will include:

- A clear strategy to achieve your health goals.
- Tools to track your progress.
- Comprehensive nutrition analysis with professional software.
- A customised nutrition, lifestyle and supplementation plan.
- A nutrient dense meal plan with recipes.
- Ongoing support over a three month period

"Your meal planning advice & comprehensive notes about relevant foods to help my body rebuild were excellent. I am continually reminded of your generosity in time & effort... I deeply appreciate your support..."

— WARREN SMITH, NEWCASTLE, AUSTRALIA

## The 3 month programme plan overview:

**1st Month** – This is the discovery phase, to understand your goals and challenges. Simultaneously, weekly transformational changes in daily habits are introduced that will set you up to succeed.

**2nd Month** – A personalised meal plan and recipes is given to you. As you begin to transform your eating habits, we tweak the plan to address anything that is not working for you.

**3rd Month** – This final month is a follow up consultation to make sure we address any challenges you are experiencing. We present you with a recommendation report designed to be your wellness guide.

Over the three month period, you have access to our expertise, to learn and overcome any challenges that prevent you from reaching your goal.

The report will give you enough information to expand on your meal plans and add variety.

HELPING PEOPLE  
EAT HEALTHIER  
EVERYDAY

## FAQ's:

**Where does this programme take place?** We can do all consults in person, via email, Zoom or WhatsApp – whatever works for you.

**How do I get started?** Before you begin the programme, we'll need you to complete our: 1) Health & Wellness Questionnaire. 2) Food & Activity Diary for 2 weeks. This helps us to identify exactly where you are at and what your needs and goals are.

## Cost:

Our Nourish to Flourish 3 month Programme is \$550NZD.


We are able to offer a two instalment payment plan if required. Payment deposit is required before programme commencement.

## Contact:

If you want to learn more, feel free to contact us.

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