

1-1 Nutrition Services

	Transformation	Essential	Optimal	Wellness Check
Time duration	3 months	3 months	6 months	Once only
Frequency of appointments	Week 1-6: Weekly Week 7-12: Fortnightly	Fortnightly	Every 2 - 3 weeks	Only once
Contact via messenger between appointments	Unlimited <i>Quick fire questions</i>	Unlimited <i>Quick fire questions</i>	Unlimited <i>Quick fire questions</i>	2 weeks only
Ability to add extra sessions when completed	✓	✓	✓	Yes <i>you can upgrade to a programme</i>
Nutrition and lifestyle recommendations	✓	✓	✓	✓
Supplement recommendations	✓	✓	✓	✓
Test recommendations	✓	✓	✓	Yes <i>a follow up call will be required to interpret the test</i>
GP letter and medical collaboration	✓	✓	✓	Yes <i>a follow up call will be required to assess outcomes</i>
Test analysis and interpretation	✓	✓	✓	Yes <i>If completed before the consultation</i>
Recipes provided for inspiration	✓	✓	✓	✓
Resources for extra information / knowledge	✓	✓	✓	✓