



Nutrition ● Fitness ● Health

Fat-loss Program

Appropriate for those who are looking to change their nutritional and fitness lifestyles and those with a specific fat-loss goals.

Includes a complete nutritional daily menu plan designed for your personalized goals, a complete health assessment, a personalized supplement program, information, and handouts. Client must weigh-in on a bi-monthly basis, and must also hand in their weekly food journal for review.

- 1st session (Assessment and Lifestyle Recommendations)
- 2nd through 8th sessions includes bi-monthly weigh-in, monthly body measurements, food journal review, new recipes and menu plan changes.

\$400.00 + GST (Includes 8 sessions over 4 months)