



## Tua Nutrition Price list

Pre consultation (phone call)	up to 15 minutes	Free
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### *In person:*

1) Initial Consultation	up to 75 minutes	£95
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(this price includes the time of the consultation, as well as time taken to analyse the food diary and information gathered to support your case)

2) Follow up consultation	45-60 minutes	£65
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(this price includes the time of the consultation, and the time taken to research and develop your personalised Nutritional Therapy plan)

### *Packages:*

<b><i>Take 2: One Initial consultation plus one follow up appointment</i></b>	£155
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<b><i>Take 3: One Initial consultation plus two follow up appointments</i></b>	£220
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<b><i>Take 4: One Initial consultation plus three follow up appointments</i></b>	£285
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<b><i>Take 5: One Initial consultation plus four follow up appointments</i></b>	£350
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- Appointments are normally 3-4 weeks apart, sometimes longer depending on the case and the recommended changes (e.g. dietary exclusion)
- Payments must be made prior to the appointment via BACS (there is no card payment facility available currently). A 50% deposit is requested once the initial consultation is agreed, to secure the booking.
- Packages must be paid in full at the first appointment and all appointments should be taken within 12 months.

### ***Maintenance consultations***

Phone/skype up to 30 minutes £35

***Interpreting and feeding back on test results*** £40

### ***Shopping support***

Educational support regarding healthy choices, understanding food labels, and general guidance. Price based on travel time, mileage and time in the supermarket, to be discussed based on client's needs and requirements. Approximate price £30 per 30 minutes.

### ***Bespoke meal plans***

An extra service based on the client's needs and requests.

### ***Weight management programme:***

Individual weight management programmes are available, normally 12-weeks in duration, please e-mail [info@tuanutrition.co.uk](mailto:info@tuanutrition.co.uk) for detailed information and prices.

### ***Group Packages:***

Group weight management package (a course of 12 weeks), tailored for specific needs of the group, and prices negotiated according to the number of people.

Corporate packages, tailored to specific needs of the employees and prices negotiated according to the number of people.