



## Service List

### 1-2-1 Nutrition Discovery Session

Free 15-minute in-person discovery session. Book a slot in the app if you are looking for either of the following:

- Some basic advice to kick-start your nutrition journey, or if you have any quick questions and would like personal, tailored guidance.
- To book a personalised Nutrition Coaching Package. We'll discuss your goals and help you choose the package that best suits your needs. If you're ready to dive deeper into a customised nutrition plan, we can arrange a follow-up at a time that works for you.

### Starter Nutrition Package

This should be booked & paid for in Sports Booking & consists of the following:

- Pre-consultation form to be filled out in advance, including questions about current lifestyle & diet
- 45-minute consultation to go deeper into the answers provided in the pre-consultation form
- Written nutrition & lifestyle plan created based on individual needs sent by email

#### Price

99€

### Basic Nutrition Package

The Basic Nutrition Package consists of the following:

- Pre-consultation form to be filled out in advance, including questions about current lifestyle and diet.
- 90-minute initial consultation to study the answers from the pre-consultation form.
- 45-minute follow-up consultation on the nutrition/ lifestyle plan.

#### Price

199€

### Premium Nutrition Coaching Package

If you would also like ongoing nutritional and lifestyle support, this is your package:

- Everything in the basic package.
- Weekly check-ins via the coaching app Apotheo.

For more information and prices please send an email to [nutribalance@clublasanta.com](mailto:nutribalance@clublasanta.com)

**NUTRIBALANCE**

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