

# Mac-Nutrition

THE UK'S LEADING CONSULTANCY  
FOR NUTRITION ADVICE



## Overview Service Brochure

Your goal + Our expertise = Your success!

Nutritional Services	Description of each service	Elements within this service
<p><b>Personalised Nutrition Work-up</b></p> <p>This is our most popular service and forms the foundation of every following service. This is suited to anyone who wants to see us just once and get their nutrition questions answered, their current dietary practices assessed and to be given the key information needed to achieve their goals. You will receive immediate professional feedback and written recommendations on how to change/improve your current dietary practices in order to reach your personal goal.</p>	<p><b>£175*</b></p>	<ul style="list-style-type: none"> <li>90-Minute 1-2-1 Consultation</li> <li>Extensive Written Feedback</li> <li>Personalised Supplementation</li> </ul>
<p><b>Guided Nutritional Improvement</b></p> <p>This service package is suited to the proactive individual who wants to be educated to have the right tools and skills to make seamless lifelong changes to their eating habits and significantly improve their body/health/performance. The inclusion of a food diary and second consultation allows for more specific recommendations to be made as well as further adjustments to the advice given initially to optimise your dietary practices.</p>	<p><b>£349*</b></p>	<ul style="list-style-type: none"> <li>90-Minute 1-2-1 Consultation</li> <li>Extensive Written Feedback</li> <li>Food Diary Analysis</li> <li>Personalised Supplementation</li> <li>Follow-up 60-Minute 1-2-1</li> </ul>
<p><b>Goal-Specific Nutritional Plan</b></p> <p>This service package is designed for someone who has a clear set of goals in mind and is dedicated to achieving them. It provides periodised nutrition planning, ongoing support, written information and motivational guidance to help reach your goals quickly and effectively. This package works well with continued monthly support (see add-ons).</p>	<p><b>£549*</b></p>	<ul style="list-style-type: none"> <li>60-Minute 1-2-1 Consultation</li> <li>Initial Skinfold Caliper Testing</li> <li>Food Diary Analysis</li> <li>Example Meal Plan (max 3days)</li> <li>Follow-up 60-Minute 1-2-1</li> <li>12 Bi-weekly Ongoing Support</li> <li>Final Skinfold Caliper Testing</li> </ul>
<p><b>The Complete Nutrition Package</b></p> <p>The Complete Nutrition Package can be set up exactly as you would like it but as a default we take all the hard work out of the nutrition plan. We do not leave any need for interpretation i.e. rather than being given an idea of what and what not to eat, you will be given an exact plan that lays out every meal and snack you should eat, how much of each food and at what times of day to eat them whilst personalising every piece of information to <u>your</u> lifestyle, personality and preferences. Alongside this, you will receive weekly ongoing support, written information and motivational guidance.</p>	<p><b>£1049*</b></p>	<ul style="list-style-type: none"> <li>90-Minute 1-2-1 Consultation</li> <li>Initial Skinfold Caliper Testing</li> <li>Food Diary Analysis</li> <li>Extensive Nutrition Plan</li> <li>Personalised Supplementation</li> <li>Follow-up 60-Minute 1-2-1</li> <li>20 Weeks Ongoing Support</li> <li>Final Skinfold Caliper Testing</li> </ul>

\* Please note that all of the above nutrition services (page one) have associated 'activity discounts' in order to make your service with us more affordable. Please ask the Mac-Nutrition PA for more details.

TO GET IN TOUCH ▶

✉ info@Mac-Nutrition.com

☎ 01509 400 150 / 07929496194

📘 Mac-Nutrition Online Community

🐦 @MacNutrition



## Additional Services: Optional Add-ons

Description of each Add-on	Price
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**After Care Appointments/ Follow-Up Consultations**  
 This service is suited to anyone who has undertaken a nutrition service with us and would like additional support to ensure ongoing progress. Appointments can be made in advance or on an ad-hoc basis to tweak food plans, ask any further questions, change personal goals, break through plateaus, alter supplementation programmes etc.

60-Minute Consultation £60

**Ongoing Support**  
 What you get with this add-on service:  
 • Weekly email contact to ensure progress is tracked effectively and efficiently  
 • Small tweaks & updates to personalised plan as and when needed  
 • Repeat skinfolds at 6-10 week intervals depending on bodyweight changes  
 • Guidance on, and explanation of blood tests where applicable  
 • 30-60 minute 1-2-1 follow-up appointments every 4 weeks

Per Month £275♦  
 For 3months £741 (£247/month)♦  
 For 6months £1320 (£220/month)♦  
 ♦ Please note that these prices can be reduced at the discretion of your nutritionist based on your personal situation

**Training and Exercise**  
 We offer training advice as standard on a number of services, however if you are interested in a bespoke training plan designed specifically for you, the equipment and resources available to you and any injuries you might have/be recovering from, we offer the option of a bespoke training plan, in addition to hourly personal training.

60-Minute PT Session £40  
 Training Plan £80

**Skinfold Caliper Testing**  
 This service is suited to anyone who wants to track their body composition changes quickly and easily. This service includes:  
 • An 8-site body fat assessment using the standardised techniques outlined by the International Society of the Advancement of Kinanthropometry (ISAK) (-All of our experts are qualified ISAK practitioners)  
 • A detailed descriptive feedback report based on your individual results

Initial Testing £40  
 Follow-up £25

**Please do get back in touch with us via email or phone (see below) with any queries you might have or if you would like some assistance in selecting the service most suited to you.**  
**Alternatively, please let us know the title of the nutrition package you would like to opt for and we will happily assist you with the next step of the process; arranging a date to meet one of our nutrition experts...**