

Mac-Nutrition

THE UK'S LEADING CONSULTANCY
FOR NUTRITION ADVICE



PERSONALISED NUTRITION WORK-UP £175

Your goal + Our expertise = Your success!

A BREAKDOWN OF THE SERVICE PROCESS

Below is an explanation of how this service works; if you opt for this service, you can refer back to this document as a reminder of what you will receive.

If you require any further clarification or would like to book an appointment, please do not hesitate to email us at enquiries@Mac-Nutrition.com or call the Mac-Nutrition PA on **01509 400 150**

1. INITIAL CONTACT

We will arrange a consultation time that suits you (evenings available).

Before your initial consultation can take place we require:

- 1) A completed [Pre-Consultation Form](#)
- 2) A [1 or 2-day food diary](#) (which will be emailed to you once your appointment is booked)
- 3) [Full payment \(£175\) to be made prior to your](#) consult in order to secure the appointment
- 4) *Optional:* You may bring/email any relevant information (e.g. medical records, blood work, training plans etc.) to be discussed within your consultation

2. MEET WITH US

You will meet your nutritionist either in person at our [Loughborough Clinic](#) or [remotely](#) via Skype/FaceTime for your 90-Minute Consultation.

Your nutritionist will go through your Pre-Consultation Form with you in more detail and will provide you with up-to-date, evidence-based information relating to your specific situation, your current knowledge and/or any misconceptions you may have surrounding nutrition.

[You will be given advice and a full explanation of the most effective nutritional manipulations to achieve your goals](#) based not only on your physiology but also on personal, social and psychological factors.

3. START PROGRESSING TOWARDS YOUR GOAL

Within 5-working days, your nutritionist will email you your extensive feedback notes + supplementation plan. The information provided will give you all the tools required for you to start reaching your goal/s, including a personalised '**nutrition strategy builder**'.

As a Mac-Nutrition client you are privy to exclusive follow-up appointments in order to provide support as you continue with your goal.

[These consults last for 1hr and cost £60.](#)

TO GET IN TOUCH ▶

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 @MacNutrition