

# Pinked Nutritionals

## Fee List 2017

### **General Weight Loss Plan**

**£50 set up fee + £50 monthly monitoring if required** - A healthy diet plan tailored for each individual looking for a standard weight loss approach. Includes a weekly email check in, a brief guide on your mental approach to long term weight loss and living a healthy lifestyle plus teaching you the best way to use a food diary to achieve your goals.

### **Athletic & Competition Nutritional Plan – Pay as you go**

**£125 per month** - Includes initial full review, base diet set up and supplement recommendations, Bi weekly Skype, Phone or email support with adjustments made as needed.

### **Athletic & Competition Nutritional Plan – 3 / 6 month minimum term**

**3 months - £300 – equivalent to £100 per month. 6 months - £540 - equivalent to £90 per month**

All elements of 'pay as you go' plan included. Payment must be made in full prior to any work commencing.

### **Athletic & Competition Nutritional Final Month Only Plan**

**£200 for one month** - Takeover of existing nutritional plan for the final month before a competition, show or Event. Includes reworking of current nutritional programme, supplement review, Bi weekly Skype, Phone or email support. Full final week nutrition plan prior to event with daily check in support. (People in a 3 / 6 month plan, or 2 previous months on 'pay as you go' plan, pay their usual monthly plan fee for final month)

### **Off season nutritional support**

**£75 per month** – nutritional advice including supplement recommendations. Includes full review of current diet and supplements, single weekly email check in with adjustments made as needed.

### **Full 10-12 week Training Programmes**

**£250 one off payment** – Includes 10-12 week training schedule based on up to 5 training sessions weekly tailored to your requirements for your specific goal or event. This will include a set of base line figures for your nutrition including calories and daily macros only. No other nutritional support provided. Basic email support regarding change of exercise and exercise & technique explanations only.

### **Gym Time**

**£30 per hour** – within 10 miles of WS13. Client to pay any entry fees for use of their own gym, or can meet at GymUnity (Formerly EzeeGym) in Fradley. This is not Personal Training but a service tailored for people who wish to learn some more advanced weight training intensity techniques and also point out any mistakes you may be making in regards to your form whilst exercising. Finding the correct exercises and form for weak areas in your physique for you to be able to make improvements in those areas. No nutritional advice offered.

Note - 'Monthly' fees refer to one calendar month

**Pinked Nutritionals - part of Pinked Hypnotherapy**

3 The Oak Tree, Elmhurst Business Park, Park Lane, Lichfield, WS13 8EX

Tel: 07739 458468 Email: [stewart@pinked-hypno.co.uk](mailto:stewart@pinked-hypno.co.uk)

[www.pinked-hypno.co.uk](http://www.pinked-hypno.co.uk)