**3) Nutrition Only Plans**

Initial consultation and health assessment

Food diary analysis

Holistic approach to nutrition, including focus on how and where food is obtained, budget available for food, needs of other family members, time available, level of cooking skill and desire to cook.

Weekly nutrition plan

Weekly catch up by phone or Zoom (15 minutes) to discuss progress, challenges, successes.

4-weekly metrics check (from any: blood pressure, resting heart rate, body mass index, BMI, waist to hip ratio, internal body fat percentage)

£39 per month