

KAZLIT NUTRITION

# Services & Pricing Guide



[www.kazlit.com.au](http://www.kazlit.com.au)



# Welcome

Hello, my name is Karin (Kaz). I have a Bachelor of Nutrition which I completed at the University of the Sunshine Coast. I help you to manage your weight and fuel properly so that you can be comfortable in your own skin and get the most out of your body for its daily demands.

At age 45, I realised it was time to live my purpose to help others and to enjoy doing it. There began my university journey to study nutrition. I wanted to know more about the food I was eating and why. Then be able to pass that on to you.

We are all individuals, and what works for you might not work for me, therefore I look at each person's life to establish what direction to take to assist you. This includes food intake review, lifestyle needs and family needs.



# How It Works

## 1 **Discovery call (15 mins) FREE**

An opportunity for us to get to know each other while we take a quick look at your nutrition and health goals and how we can work together on these goals. Let's chat.

## 2 **Choose how we work together**

Based on our call together, I will recommend the best way for you to work with me based on your nutrition and health goals.

## 3 **Become a client**

Once you accept our working agreement, you will be sent a series of emails that onboard you as a client and begin our working relationship towards your health and nutrition goals.





## INITIAL CONSULTATION (60 MINS) \$165.00

### INCLUSIONS:

- ✓ Comprehensive assessment of your current and past health, your diet and health goals.
- ✓ Personalised advice specific to your goals and needs.
- ✓ A customised treatment plan to help meet your goals and address your nutritional needs.
- ✓ 1:1 support, accountability and goal setting

## FOLLOW-UP CONSULTATION (30 MINS) \$85.00

### INCLUSIONS:

- ✓ Assessment of any health changes from the previous appointment
- ✓ Personalised advice specific to your goals and needs.
- ✓ Changes to your treatment plan as required to get you closer to your goals.
- ✓ 1:1 support, accountability and goal setting





## 7-DAY MEAL PLAN

\*OPTIONAL ADD-ON

### INCLUSIONS:

- ✓ Recipes tailored to your dietary requirements and preferences, budget and goals.
- ✓ Nutrition information specific to your goals and needs.
- ✓ Shopping list

**PURCHASE DURING YOUR DISCOVERY CALL**



## ACTIVE LIFESTYLE NUTRITION REBOOT 12-WEEK PROGRAM \$750.00

### INCLUSIONS:

- ✓ 1 x initial consultation (60 mins).
- ✓ 8 x follow-up consultations (30mins each).
- ✓ 12 x emails reviewing your program goals.
- ✓ 11 x nutrition education topics
- ✓ Phone and email support

**BOOK A DISCOVERY CALL**