

lucy
klemt.

dietetic
consultations.
SERVICES GUIDE



No matter what your nutrition goal is, I am here to simplify nutrition, working *with* you to plan and implement sustainable, evidence-based and results-driven nutrition interventions. My nutrition consultations include a thorough nutrition and lifestyle assessment, relevant dietary education, collaborative planning of nutrition intervention and access to handy resources and guides.

Through frequent review consultations I provide ongoing support, education and accountability to help you consistently move towards your goals.

I can help you with:

- General healthy eating.
- Sustainable weight loss.
- Management of PCOS.
- Overcoming disordered eating.
- Building a better relationship with food.
- Fuelling your training well.
- Managing common health concerns such as high blood pressure, high cholesterol etc.

Unsure of whether my services are right for you? I offer **free** 15 minute discovery calls where we can chat through your unique circumstances and figure out the best approach for you.

NEED SOME HELP WITH EXERCISE TOO?

Receive 10% off any Dietetic Consultation when combined with my online training services.



\$180
AUD

THE 'NOURISHING MEAL' CONSULTATION

- **60-minute** initial consultation
- Detailed assessment of current diet and lifestyle.
- Collaborative planning of a nutrition “game plan”, where we map out long and short term goals, key lifestyle and dietary interventions, check points, progress tracking and a well defined timeline for your nutrition journey.
- Nutrition education based on your current knowledge and goals.
- Access to resources relevant to your current goals and needs.
- Email support.



\$240
AUD

THE 'THREE COURSE SPREAD' CONSULTATION

- **60-minute** initial consultation
- Detailed assessment of current diet and lifestyle.
- Collaborative planning of a nutrition “game plan”, where we map out long and short term goals, key lifestyle and dietary interventions, check points, progress tracking and a well defined timeline for your nutrition journey. Nutrition education based on your current knowledge and goals.
- Access to resources relevant to your current goals and needs.
- **Detailed, personalised meal plan tailored to your own needs and goals. We will run through this in detail in your first review session, and make any necessary tweaks or changes.**
- Email support.



\$90
AUD

REVIEW CONSULTATION

- **The secret to success!** Regular review sessions are a key part of successfully implementing your nutrition ‘game plan’. Review sessions ensure that you are consistently seeing the results you set out to achieve.
- **30 minute consultation where I help you:**
 - Maintain motivation and consistency with your nutrition interventions.
 - Gain further nutrition knowledge to support you in continuing to make lifestyle changes.
 - Overcome any challenges that may arise.
 - Track your ongoing progress.