



Service Information

Clinical Nutrition Consult

60-minute consult to set you up with a clear path towards your goals. Identifies the root cause for your symptoms, explores multiple body systems function, health history, pathology analysis and functional pathology testing (if required), diet analysis and lifestyle discussion.

Diet diary and pathology are to be sent prior to your appointment.

3x forms to be complete before appointment, sent by Zoe via email.

Comprehensive Nutrition Program

Includes 4x 60 min consultation and a 4-week personalised meal plan. This is a saving of \$150. This is for people who are committed to their health and are wanting ongoing support to get to the root cause or to change their habits and feeling towards food.

This includes an initial consult and 3x follow up consults.

Zoe believes this is the best service she provides, as making diet and lifestyle changes can come with its barriers and the ongoing help can help set you up with life long healthy habits. It also allows for testing and investigation that 1-2 consults just cannot provide.

If paying up front is an issue, please contact Zoe and you can collaborate to find a solution.

Pathology Analysis/ Diet Recommendations

This requires a pathology result from as least 6 months prior to booking, ideally 3 months is best. Your results are required to be sent through before you appointment.

If you do not have recent pathology, book a consult and let Zoe know. Zoe will then send you information regarding getting pathology testing done.

Your result will provide Zoe with information about what is going on internally and where your health stands. Pathology can provide information on what has been going on in the last 3 months, it can also help us predict what your health will be in the future.

Zoe will then provide you personalised advice on how tweaking certain aspect of your diet and lifestyle and bring your result back into balance.

Retesting after 3 months of working with Zoe is recommended.

For more information or to speak with Zoe contact: zoe.nutrition@outlook.com





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Diet Analysis

After completing a 3 day diet diary (provided by Zoe) you will receive a personalised 3 day meal plan guide to support your goals and overall health.

6 Week Diet and Exercise Program

This includes a 6-week exercise program designed for your fitness level, 6-week personalised meal plan as well as a 45 minute initial consult to discuss your current health and fitness.

This is great for people who are wanting to lose weight and build muscle or for the everyday gym or active individual.

4-week Personalised Meal Plan

30 min initial consult to discuss your goals and diet habits.

A 3 day diet diary is to be completed before your initial appointment to provide Zoe information on your current diet.

For more information or to speak with Zoe contact: zoe.nutrition@outlook.com

