

Mind-set and Lifestyle Coaching

Nalu Active packaging come as an initial 4 week programme. After the 4 week period you will be offered to extend the programme.

Cost: £95.00

- Introductory online meeting (Skype or Face)
- Tailored macro-nutrients and body index calculated
- Daily breakdown of meals and recipes
- A variety of recipes for all main meals
- Recipes for healthy on the go snacks
- In depth nutritional outline
- Mid-week check-up and weekly catch up call
- Menu recommendations
- Wellbeing with in actions
- 24 hour on call service
- In depth fitness plan which we amend each week using your results to ensure progression and maximum results (optional)

