

WEIGHT LOSS

Eat Smart, Lose Weight and Feel Great!

If you are serious about losing weight and keeping it off then this program is for you!



Tired of yo-yo dieting, achieving rapid weight loss only to put the weight back on again plus an additional few kilos?

Achieving and maintaining a healthy weight requires a realistic, 'real food' approach to eating. A tailored plan designed by our Accredited Practising Dietitian can 'kickstart' your weight loss efforts but most importantly, provide the guidance, education and support required to ensure a sustainable, realistic approach to healthy eating and weight management.

Weight Loss Program

Learn How To:

- Interpret food labels
- Modify recipes to reduce kilojoule fat/sugar content
- Ensure you meet your nutrient requirements
- Make better choices when eating out and in social situations

Includes:

- Food Diary Assessment
- 1 x Initial Consultation
- 3 x Subsequent Consultations
- Personalised Eating Plan

COST: \$380

Rebates apply with Private Health Insurance Extras cover.

 **nutrition
melbourne**
ACCREDITED PRACTISING DIETITIANS



1025 Mt Alexander Road
Essendon Victoria 3040

m: 0404 502 666

w: www.nutritionmelbourne.com.au