Health & Nutrition Packages

Package 1

(4 week / starter / Reset) ($500)

(Value $480) (Save $130)

Designed for mums who need a structured plan to jumpstart their health transformation and get on track to achieve their goals.

- Initial Session (60-90 mins) (Valued at $120)
- 1 x personalised motivational profile
- 2 x personalized meal plans tailored to the client's needs/goals
- Body specific nutrition education
- Educational and nutritional information provided on meal plans to understand the 'why' behind meal and ingredient choices
- 2 x 15-minute check-ins for ongoing support
- 1 x 30-minute check-in at the two-week mark, with an updated meal plan based on progress
- Lifestyle plan, including exercise tips, time management strategies, sleep, energy conservation and stress management techniques
- A mood and symptom journal to track changes
- Custom resources designed to help you achieve your goals
- 4 weeks access to 'The THRIVE Community' for continuous support and motivation
- Option to upgrade to 8 or 12 week program
- Grocery lists for all meal plans ($20)
- Virtual pantry overhaul ($35)
- Personal 60-minute grocery store tour (How to read nutrition labels etc) ($150 local area only)
- Option to join The Thrive Community membership ongoing after 4 weeks ends.
- Option to join the Resource Hub membership once the 4 weeks ends