Health & Nutrition Packages

Package 2

(8 week / mid / Rebalance) ($700)

(Value $960) (Save $260)

Designed for mums who are ready to commit to longer-term, sustainable changes.

It's designed to not only improve nutrition and energy but also to help mums implement changes that will have a lasting impact on their lifestyle.

- Initial Session (60-90 mins) (Valued at $120)
- 1 x personalised motivational profile
- Fortnightly customised meal plans (4 total) tailored to meet individual goals
- Body specific nutrition education
- Educational and nutritional information provided on meal plans to understand the 'why' behind meal and ingredient choices
- Option to swap meals on meal plans
- In-depth lifestyle program including exercise recommendations, sleep, energy, stress management recommendations
- A mood and symptom journal, and tracking
- Fortnightly 30-minute check-ins
- Optional weekly 15-minute check-ins
- Custom resources suited to goals
- 8 weeks access to 'The THRIVE Community'
- 24/7 practical solutions via email and chat support (reply within 48 hours)
- Option to upgrade to 12 weeks
- Option to upgrade to meal-plans aligned with hormonal phases (Includes an in-depth discussion of hormonal cycle and symptoms) ($85)
- Grocery lists for all meal plans ($20)
- Virtual pantry overhaul ($35)
- Personal 60-minute grocery store tour ($150 local area only)
- Option to join The Thrive Community membership ongoing after 8 weeks ends
- Option to join the Resource Hub once the 8 weeks ends
- Exercise program ($35 - $50 depending on needs)