Health & Nutrition Packages

Package 3

(12 week / premium / Revamp) ($995)

(Value $1440) (Save $445)

A comprehensive, deep-dive program for mums who are seeking to make transformative, lasting changes in their health and nutrition.

- Initial Session (60-90 mins) (Valued at $120)
- 1 x personalised motivational profile
- In-depth discussion of hormonal cycle and symptoms
- Body specific nutrition education
- Fortnightly customised meal plans with grocery lists (7 total) tailored to meet individual goals and aligned with hormonal phases
- Option to swap meals on meal plans
- One adaption per week to meal plan, if required
- Educational and nutritional information provided on meal plans to understand the 'why' behind meal and ingredient choices
- In-depth lifestyle plan
- Fortnightly exercise program aligned with goals and hormonal phases
- Weekly 30-minute check-ins for the first 4 weeks
- After the first 4 weeks: Fortnightly 30-minute check-ins and weekly 15-minute check-ins
- Custom resources designed to help you achieve your goals
- 12 weeks access to 'The THRIVE Community'
- 24/7 practical solutions via email and chat support (reply within 24 hours)
- Virtual pantry overhaul (optional)
- Inclusion in advocacy strategies (Optional)
- Personal 60-minute grocery store tour ($150 local area only)
- Access to online program/courses for a discounted price
- Access to The Thrive Community membership ongoing for a discounted price once the 12 weeks ends ($20/m or $30/m including MP)
- Option to join the Resource Hub once the 12 weeks has ended at a discounted price