

Experience a customised health transformation with tailored nutrition consulting from The Goodness Guide to help you achieve your wellness objectives.

Receive personalised nutritional support and continuous guidance from the expert team.

Our Pricing Structure – 2024

THE **goodness**
GUIDE

1:1 Nutrition Support

Simple Nutrition
Without the Fluff.



1:1 Nutrition Consulting Services

Transform Your Health with Personalised Nutrition Support

Welcome to our 1:1 nutrition consulting services, where I, Abi Owens, along with my team, am dedicated to helping you enhance your overall well-being.

We take a detailed, action-oriented approach to provide you with tangible, measurable results through a personalised nutrition and supplement plan tailored specifically to your needs and goals.



What's Included in Our Package?

- **Comprehensive Health Enhancement:** Together, we'll dive deep into your full medical history and a 3-day food diary to truly understand your current health status.
- **Medication Review:** I'll personally examine your current medications to ensure there are no potential contraindications.
- **Bespoke Health Plan:** I'll design a tailored plan with dietary advice, supplement recommendations, and lifestyle changes to meet your health goals.
- **Functional Test Analysis:** Benefit from my expert interpretation of any required functional tests to provide deeper insights into your health.
- **Supplement Discount:** Enjoy a 10% discount on high-quality supplements that I recommend to support your health journey.



Ready to Get Started?

Reach out to us today to learn more about how we can get started. Together, we can create a more balanced and healthier life.

Contact Us:
Email: abi@thegoodnessguide.com

Detailed Package Information:



9-18 Week Transformation:

£950*

- **90-Minute Initial Consultation:**
Our journey begins with a comprehensive session where we'll review your health questionnaire and food diary, discuss your health goals, and start creating your personalised plan.
- **8 x Weekly/bi-weekly follow up sessions:**
We'll have weekly 30-minute check-ins to track your progress, address any concerns, and make necessary adjustments to your plan.

*Package to be used within 4 months of purchase.

Start today

Book Free Discovery Call

How Our Program Makes a Difference:

Key Benefits of Our 1:1 Nutrition Consulting:

- **Personalised Attention:** You'll receive a tailored plan that considers your unique health history, current lifestyle, and personal goals.
- **Expert Guidance:** You'll have direct access to me, Abi Owens, and my team of experienced nutritionists for professional advice and support.
- **Action-Oriented Plans:** We'll provide you with practical, actionable steps to improve your diet, health, and overall well-being.
- **Ongoing Support:** Our regular follow-up sessions will ensure you stay motivated and on track to achieve lasting health improvements.
- **Comprehensive Health Enhancement:** Our holistic approach tackles a range of health concerns, including digestive issues, immune support, hormonal imbalances, to mental clarity and energy levels.
- **Personal Empowerment:** Gain a deeper understanding of how nutrition affects your health and learn how to make informed decisions.
- **Sustainable Lifestyle Changes:** Our plans are designed to promote long-term health improvements through sustainable dietary and lifestyle changes.
- **Tailored Solutions:** Each plan is customised to meet your specific needs, ensuring you receive the most effective support for your individual health goals.
- **Enhanced Well-Being:** By focusing on personalised nutrition, we help you achieve a better quality of life, feeling more balanced and healthier overall.