

Nova Nutrition Limited Plan Structure and Price List

Understanding Your Body in Four Weeks			
(Includes scenario based food plan designed for your own lifestyle)			
	Weekly payments	Total	Lump Sum Discount
1) Fuel for your body/Your food preferences 2) Your portion size 3) Drinks for your goals 4) Satisfaction and cravings 5) Personal food plan for three lifestyle scenarios choose from (weekend food, holiday eating, shift work, eating at work, eating at home, vegetarian diets, office work, travel for work or suggest your own)	\$99 deposit \$55 x 4wks	\$319	\$299
Optional Follow Up Consultations and Plans	\$49 each (pre paid)		
Food <ul style="list-style-type: none"> - Weight Management - Weight loss for a special event (wedding) - Travel Nutrition Plan - Pregnancy Nutrition Plan - Nutrition for diabetes - Nutrition for lowering cholesterol - Nutrition for increasing muscle - Nutrition for sport (running, cycling and/or multisport events) - Sports Event Plan Exercise Tutorial <ul style="list-style-type: none"> - What type of exercise gives the best results - Cardio vs. resistance exercise - Building an exercise plan (duration, intensity, frequency, rest) 			
SPORTS EVENT NUTRITION			
- Sports Nutrition Consultation - Training Nutrition Plan - Sports Event Plan: Fuel plan for your event, (includes carbo-loading, recovery) -Extra 1 day sports event plans (5 day food plan) (around Brunner, half marathon, source to sea etc) - 2 day or more sports events food plan (coast to coast, five passes, Tour of Northland)	\$99 \$65 \$65 \$55 Add \$10 for each extra day	\$229	\$199 (includes 7 day food plan for training and 5 day food plan for a one day event as well a plan carb. loading & recovery)
-- The non refundable deposit of \$99 or full payment is required prior to any first appointment this is to show commitment to all for modules and the initial set up costs of the first appointment and food planning. You will receive qualified nutrition advice from your first point of contact, no sales approach. -- If an initial appointment is cancelled and not attended within a ten working days appointments will be forfeited.			
TO GET STARTED FILL OUT THE ENQUIRY SECTION ON THE NOVA NUTRITION WEBSITE. SEE YOU SOON!!!			