























	BASIC	ALL-INCLUSIVE
Initial Assessment Cost	CHF 90.00	CHF 160.00
<b>ASSESSMENT FORMAT</b>		
In-Depth, In-Person Consultation (60 - 90 Minutes)		
Paper-Based Email Assessment Form		
<b>WHAT YOU GET</b>		
Detailed analysis of your Assessment Responses		
Personalised Meals according to your Assessment		
Delivery to your Preferred Location		
<b>WHAT THE ASSESSMENT COVERS</b>		
Medical History		
Anthropometrics (Your BMI Calculation for Energy/Protein Requirements)		
Nutritional Background (Meal Schedule / Structure of your Day / Eating habits)		
Discussion and Setting of Goals		
Understanding your Meal Likes and Dislikes and Favourite Foods		
Individual Menu Concept		
<b>FACTORS IMPACTING YOUR ASSESSMENT CHOICE (DO YOU HAVE/WANT...)</b>		
Health Issues (Diabetes, Cholesterol etc.)		
Special Dietary Requirements		
Need/Want to Lose/Gain Weight		
Seek Professional Nutritional Advice		
Able to ask Questions and Request Nutritional Advice		
Ability to Adapt Meals and Plans in Consultation with our Nutritionist		