

Nutrition Coach

Do you need some help with meal plans or healthy eating alternatives to assist with your health and wellness goals?

Talk to our nutrition coach Angela Zimmermann today.

Angela has been a qualified personal trainer/ fitness instructor for 10 years and over time has developed a keen interest in expanding her knowledge on nutritional health and wellbeing.

Health, wellness, nutrition and exercise are very closely connected. Correct nutrition can maximise your success rate, ensuring you achieve your desired goals after training hard in the gym.

Angela's services include personal and private nutrition education sessions, where she can guide, educate and offer support to clients wanting a better understanding on what they should or should not be consuming in order to reach their own personal goals.



Packages on offer:

NUTRITION AND MEAL PLAN

\$252

- Body Scan
- 30 min introductory consultation to determine specific requirements for meal planning Weekly Meal Plan.
- 30 min follow up consultation to discuss the progress and adjust if needed.

NUTRITION EDUCATION PACK

\$126

- Body Scan
- 2x 45 min sessions teaching basic understanding of calories and macros and how to implement them to achieve your individual goals.

NUTRITION FOLLOW UP AND MEAL PLAN

\$126

- Body scan
- 30 min consultation to discuss the progress and update the menu plan with more recipes Weekly Meal Plan.

NUTRITION FOLLOW UP CONSULTATION

\$46.65

- Body scan
- 30 min consultation to discuss progress.

