



consultant dietitians

PERSONALISED MEAL PLANS - ONE PLAN DOES NOT SUIT ALL!

HAVE YOU HAD BARIATRIC SURGERY DONE (LAP-BAND, SLEEVE GASTRECTOMY OR GASTRIC BYPASS) AND YOU ARE EATING A NORMAL TEXTURED DIET BUT YOU ARE NOT SURE WHAT TO NOW EAT? WHAT'S GOOD? WHAT'S BAD?

WHAT WORKS WITH MY BODY TO HELP PROMOTE WEIGHT LOSS?

THE WHY NOT CONSIDER GETTING A **PERSONALISED MEAL PLAN** DEVELOPED BY A SPECIALISED BARIATRIC DIETITIAN FROM NUTRITION 4 LIFE. THESE PLANS ARE DEVISED FOR YOU, BASED ON YOUR LIKES, DISLIKES, TOLERANCES, LIFESTYLE ETC. BECAUSE LET'S FACE IT...NO 2 PEOPLE ARE ALIKE SO ONE PLAN DOES NOT SUIT ALL! WHY NOT GET A PLAN THAT JUST SUITS YOU!

OUR PERSONALISED MEAL PLANS ARE IDEAL FOR CLIENTS WHO:

- ARE EATING NORMALLY BUT DO NOW KNOW WHAT TO EAT AND ARE AFRAID OF INTRODUCING NEW FOODS
- ARE EATING THE SAME FOODS EVERY DAY AND GETTING BORED WITH THEIR LIMITED CHOICES (YOU NEED MORE VARIETY WITHOUT THE EXTRA CALORIES)
- HAVE HIT A WEIGHT LOSS STALL AND DO NOT KNOW HOW TO SHIFT THE EXTRA WEIGHT (THIS IS REALLY COMMON AND CAN HAPPEN IF YOU ARE EATING THE SAME FOODS EVERY DAY)
- DO NOT WANT TO FEEL LIKE THEY ARE ON A DIET AND WANT TO EAT NORMALLY (IF YOU DO NOT WANT TO CALORIE COUNT OR KEEP A FOOD DIARY THEN LET US DO THIS FOR YOU!)
- ARE BUSY WITH WORK, STUDY, FAMILY OR LIFE IN GENERAL AND DO NOT HAVE TIME TO DEVISE THEIR OWN EATING PLAN (LET US TAKE THE GUESS WORK OUT OF THIS FOR YOU AND DEVISE A PLAN THAT SUITS YOU)

OUR PERSONALISED MEAL PLANS ARE \$120 AND INCLUDE OVER 20 PAGES OF INFORMATION WITH OPTIONS FOR ALL MEALS AND SNACKS, PROTEIN AS THE PRIORITY AND MOST IMPORTANTLY **VARIETY....** YOU PICK WHAT YOU WANT TO EAT EACH DAY FROM THE LIST OF OPTIONS PROVIDED! WE ALSO INCLUDE OTHER TIPS FOR WEIGHT LOSS TOO LIKE RECIPES AND ADVICE ON EXERCISE, VITAMIN/MINERAL SUPPLEMENTS, FLUIDS AND YOUR BOWELS.

THE **PERSONALISED MEAL PLANS** ARE DONE VIA EMAIL MEANING YOU DO NOT NEED TO MAKE AN APPOINTMENT WITH US, YOU CAN JUST COMPLETE THE QUESTIONNAIRE IN YOUR OWN TIME **AND THEY CAN BE CLAIMED THROUGH YOUR PRIVATE HEALTH FUND (IF APPLICABLE)** DO NOT FALL BACK INTO YOUR OLD "DIETING HABITS"....**EMBRACE YOUR SURGERY AND WORK WITH IT, ONE OF THE REASONS FOR THE SURGERY WAS TO NOT HAVE TO GO ON ANYMORE DIETS, CONTACT US TODAY! IF YOU'RE ARE INTERESTED IN GETTING YOUR OWN PERSONALISED MEAL PLAN PLEASE EMAIL FIONA@NUTRITION4LIFE.NET.AU**