

Consultation Fees*

Initial consultation of 1- 2 hours: \$125

½ - 1 hour follow up: \$45

Packages:

- An initial consultation with three follow ups: \$215 (one of these follow ups is free)
- Three additional follow ups: \$120
- Ten additional follow ups: \$380

Other services:

- 1 hour supermarket tour with notes: \$50 for one person, \$90 for two, \$120 for three, \$150 for a maximum of five people.
- Food coaching: \$550 for the initial consultation and 3 months of weekly coaching, at ½ -1 hour per session.
- Free workshops: Auckland based school or community group breakfast and school lunchbox workshop "Food for thought".

* These prices are correct at June 2013, and are subject to change.



Nutrition Workshop

Consultations are by appointment only

Business hours:

Mon-Friday- 9:00am - 5:00pm
Saturday- 9:00am - midday

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Personalised Nutrition Consultations



nutrition
workshop

Collaborative nutritional planning & consultation

Shona Wilkinson

Registered Clinical Nutritionist
Dip. Nutr.
NZCS (Food Science)

Approved ACC vendor

About me

As a Registered Clinical Nutritionist I can help you or your child make the dietary and lifestyle changes that will help you get more out of life and on the right path to achieving your health goals.

Once you have made your appointment:

- You complete a pre-consult form and a food and beverage diary.
- Attend an initial consult of 1-2 hours, which includes the recording of health measurements such as:
 - body composition
 - blood pressure
 - blood glucose
- You then receive a personalised nutrition plan that is easy to follow, and includes quick and tasty recipes.
- We track your progress at future follow up appointments.

The first follow up usually is 2 weeks after the initial consult, and additional follow ups are typically 2-4 weeks apart.

"Shona is extremely professional, thorough, knowledgeable, focused, caring, intuitive, empathetic, and generous with her time, and she relates well to different age groups.

She has the perfect balance of questioning and commenting to build up a complete picture during her time with the client. And from this, she is able to make perfect nutritional and lifestyle recommendations which have always gone beyond my expectations" --Lisa



"I can help you get more out of life and on the right path to achieving your health goals."

My services include nutrition plans for:

- Weight loss
- Diabetes management
- Injury recovery
- Maternal nutrition, including pre-natal
- Children's nutrition, including fussy eating
- Sports nutrition
- Low mood, low energy and poor sleep

Other services:

- Food coaching
- Supermarket tours
- Free school workshops

"Shona's nutritional guidance, recipes and one on one sessions played a significant part in helping me achieve my goal and within the timeframe."

--Sonja

ACC treatment

If you are recovering from a recent injury ask your ACC case manager if you qualify for free nutritional consultations.

Food coaching

If you think you may need more frequent sessions to remain motivated and reach your goals my food coaching program could be the one for you.

After your initial consultation you will meet with me for ½-1 hour sessions each week, over a period of 3 months.

This program is very effective as it gives you the opportunity to discuss your progress at length, and quickly make any necessary adjustments.

There is also plenty of time to talk about any barriers you are facing, and develop strategies you can use to overcome them.