

Services offered by The Nutrition Oasis

To suit different client needs and commitment levels, we offer our core 1:1 bespoke nutritional services across **four specific package durations** and a series of standalone consultations.

Packages

- **The Oasis Introduction**
- **The Oasis Progress**
- **The Oasis Shift**
- **The Oasis Integration**

The Oasis Shift is our signature program.

Standalone

- **The Oasis Essentials**

While the length of the client's commitment varies, every client receives the same high standard of support, including comprehensive dietary and lifestyle reviews, personalised meal planning guidance, and ongoing accountability.

The Oasis Introduction

Duration: 4 weeks

This Oasis Introduction is ideal for individuals who are looking to undergo a nutritional reset, focusing on cutting through nutritional confusion and helping to improve the overall nutritional quality in your diet. The Oasis Introduction programme offers bespoke meal planning, tailored for your specific needs, helping to form the foundation of a nourishing diet. The Oasis Introduction is excellent for those looking to:

- Improve energy levels
- Achieve a desired weight loss of no more than 4 pounds/ 2kg
- Have a nutritional audit to identify where aspects of your diet can be improved
- Obtain guidance for overcoming a weight loss plateau

The Oasis Introduction includes the following to support your nutritional goals:

- 1 x initial 60 minute consultation to discuss nutritional goals and client plan
- 2 x follow-up 60 minute consultations (biweekly)
- 2 x custom meal plans (each meal plan comprising 3 meals per day over a seven day period)
- 1 month of premium NutriAdmin Web Portal Access.
    - Includes Nutrition Oasis guarantee of a response to queries within 24-hours during Business Operating hours as defined by Clause 2.4 in the Client Services Agreement

Additional Extra

There is also an option to receive a personalised "**Blueprint**" at the end of the 4 weeks, outlining how to maintain your specific nutritional goals. This Blueprint will include the following:

- Evidence-Driven Information and support of how to prevent nutritional rebound
- How to make intuitive choices related to diet
- Outlining of Macronutrient intake in order to maintain a healthy lifestyle

As part of the Introduction package, there is an option to either have these consultations in person or MS Teams. Kindly note that opting for in person consultations incurs an additional fee.

<u>Price list</u>

In Person: £360 pp without the Blueprint, (£429 including the Blueprint)
Remote: £295 pp without the Blueprint, (£364 including the Blueprint

The Oasis Progress

Duration: 8 weeks

The Oasis Progress is an excellent choice for individuals who are looking to shift body composition, improve their energy and lock-down everyday improved nutritional habits. The package will help to integrate your goals into your lifestyle, allowing you to maintain results and change your nutrition long-term. The Oasis Progress is perfect for those looking to:

- Improve their overall body composition whilst preserving lean body mass
- Lose up to 8-9 pounds (4kg) of weight
- Build routine of overcoming skipping meals and/or avoiding particular foods/drinks
- Learn how to integrate all types of foods into the diet to promote a nourishing daily nutrition
- Integrate your personalised nutrition into your lifestyle

The Oasis Progress includes the following to support your nutritional goals:

- 1 x initial 60 minute consultation to discuss nutritional goals and client plan
- 4 x follow-up 60 minute consultations (biweekly)
- 4 x custom meal plans every second week (each meal plan comprising 3 meals per day over a seven day period)
- 2 months of premium NutriAdmin Web Portal Access
    - Includes Nutrition Oasis guarantee of a response to queries within 24-hours during Business operating hours as defined by Clause 2.4 in the Client Services Agreement

- Personalised Blueprint to help you maintain goals after the 8 week period. This Blueprint will include the following:
    - Evidence-Driven Information and support of how to prevent nutritional rebound
    - How to make intuitive choices related to diet
    - Outlining of Macronutrient intake in order to maintain a healthy lifestyle

As part of the **Progress** package, there is an option to either have these consultations in person or MS Teams. Kindly note that opting for in person consultations incurs an additional fee.

Price List

In Person - £680
Remote - £550



The Oasis Shift - Our Signature Programme

Duration: 12 Weeks
The Oasis Shift is designed for those who are looking to achieve sustainable fat loss or those who are looking to make permanent changes with their relationship with food. With six face-to-face sessions and ongoing nutritional analysis, a personalized Blueprint of your nutritional needs can be achieved to help make your nutritional goals profound and sustainable.

The Oasis Shift is perfect for those looking to:

- Lose up to 6kg (1 stone) safely
- Improve their overall body composition whilst preserving lean body mass
- Build a long term routine with a thorough analysis of lifestyle preferences to integrate into the nutritional plan
- Learn how to integrate daily life and unexpected events into your personalized nutritional plan
- Develop a well-rounded knowledge of how to support your health through your nutrition long term

The Oasis Shift includes the following to support your personalised nutritional goals

- 1 x initial 60 minute consultation to discuss nutritional goals and client plans
- 6 x follow up 60 minute consultations (biweekly)
- 6 x custom meal plans every second week (each meal plan comprising 3 meals per day over a seven day period) adapting to your progress throughout the programme
- 3 months of premium NutriAdmin Web Portal access.
    - Includes Nutrition Oasis guarantee of a response to queries within 24-hours during Business operating hours as defined by Clause 2.4 in the Client Services Agreement

- Personalised Blueprint to help you maintain goals after the 12 week period. This Blueprint will include the following.
    - Evidence-Driven Information and support of how to prevent nutritional rebound
    - How to make intuitive choices related to diet
    - Outlining of Macronutrient intake in order to maintain a healthy lifestyle

Price list:

In person - £945
Remote - £78



The Oasis Integration

Duration: 24 weeks
The Oasis Integration is perfect for anyone who wants to integrate their personalised nutritional advice into complex lifestyle schedules, large-scale body transformations and long-term accountability. It is the ultimate investment into long term wellness, helping to build core habits to seamlessly integrate nutritional habits into your life - so that it becomes effortless. It will help you to adapt your nutritional focus during seasonal changes, big-life events, holidays and everyday life.
The Oasis Integration is great for those looking to:

- Lose up to 12kg/ 2 stone
- Improve their long-term nutrition around hectic schedules and a dynamic upcoming year
- Integrate their nutrition into every aspect of their lifestyle and the changes that occur seasonally

The Oasis Integration includes the following to support your personalised nutritional goals:

- 1 x initial 60 minute consultations to discuss nutritional goals and plans
- 12 x follow up 60 minute consultations (biweekly)
- 12 x custom meal plans every second week (each meal plan comprising 3 meals per day over a seven day period) adapting to your progress throughout the programme
- 6 months of premium NutriAdmin Web Portal access and guaranteed 24-hour response
    - Includes Nutrition Oasis guarantee of a response to queries within 24-hours during Business operating hours as defined by Clause 2.4 in the Client Services Agreement

- Personalised Blueprint to help you maintain goals after the 24 week period. This Blueprint will include the following.
    - Evidence-Driven Information and support of how to prevent nutritional rebound
    - How to make intuitive choices related to diet
    - Outlining of Macronutrient intake in order to maintain a healthy lifestyle

- Additional tailored support specifically to support you through significant calendar events such as holidays, birthdays or a busy work period

Price list:
In Person - £1410
Remote - £1710



The Oasis Essentials

The Nutrition Oasis also offers within its “Essentials” range, one-time products for those looking to support a short-term specific goal. The following “Essentials” products are available:

Essentials*One*

- 60-minute consultation to discuss nutritional concerns and general advice to support you regarding any specific nutritional concerns*
  Please note that the advice provided for this product will only be generic and cannot offer a fully personalized plan
- **Price: £75**

Essentials*Two*

- 60-minute consultation to discuss nutritional concerns and general advice to support you regarding any specific nutritional concerns. An additional 7-day meal plan to support you to create meals to help support and reach your nutritional goal
- **Price: £199**

Essentials*Three*

- Personalised Macronutrient analysis to help you tailor your dietary intake to your specific nutritional needs
- **Price: £59**

Essentials*Four*

- 7-day personalised meal plan to support general healthy eating to your lifestyle and budget
- **Price: £75**

Essentials*Five*

- 7-day personalized meal plan with integrated personalised macronutrient requirements, to help you plan meals that meet your macro nutritional needs
- **Price: £109**

Essentials[Six]

- 90 minute consultation to support shopping in supermarkets. The consultations provides advice on how to understand food labels and to identify healthy, nutritious options based on your budget
- Client receives a written guide at the end of the session for future reference.
- **Price: £85**