

Monthly Dietitian Subscription for Weight Management

Description:

We will provide you with personalised dietary advice based on evidence-based guidelines. We will also consider your current health conditions and specific dietary requirements to ensure safety and efficiency of your diet. Together we will set realistic weight loss and/or maintenance goals and other health goals so that you are set up for success. We will develop a plan for your long-term weight management with ongoing support 30-minute initial dietitian consultation 15-minute monthly review consultations for each additional month 28 Days of Podcasts with Dietitian, Kate Save 1 x Healthy Weight Management eBook 1 x Nutrition and Movement Journal eBook Monthly email including an article, health tip, recipe and your \$50 Be Fit Food Voucher (cost of additional food additional) *Please ensure you provide us with an accurate email address and opt in to marketing for our email correspondences to receive your voucher and extras on the plan. +Please contact customer service at support@befitfood.com.au or 1300 263 257 for assistance with any health fund rebate questions or receipt after purchase to submit claim. At checkout, select any delivery date option. You will not be charged a delivery fee.