

The Guy Noble Total Training and Nutrition System

Option 1 – Nutrition System

What you get :-

On Line Questionnaire

The Healthexcel on line questionnaire covers physical, psychological and diet related traits and pinpoints your metabolic type. Takes about ½ hr to fill in and requires internet access. If the client does not have internet access other arrangements can be made at an extra cost.

1hr Consultation

The client is emailed all relevant information regarding their metabolic type and brings to consultation where the advisor explains the whole concept of the diet plan. Sample menus are provided. The role of supplements are discussed and their role in helping the diet. Takes about 1hr.

Customised Diet

The plan includes a diet customised to the individual's requirements.

Continued Support over the 4-5 week period

The client will be required to fill in diet record sheets to show adherence to the program and to make sure they are obtaining the right results. Correspondence is via phone and email.

4-5 Weeks Supply of Omega 3 Fish oils and CLA

These two supplements are the base requirements for the program and have a proven track record in maximising health and fat loss.

Cost : Just £199