



Apple to Zucchini

THE WELLNESS PACKAGE



The Wellness Package

This package is designed to optimise your eating behaviours and strategies, in order to achieve your wellness - whatever this may look and feel like for you in this stage of your life. Our Sports Dietitians will support you to address the behavioural aspects of nutrition choices, facilitating the creation of long-lasting wellness habits, and a healthy relationship with food.

We seek to provide a thorough understanding of nutrition principles to support your life goals. This package gives you the opportunity to test nutrition strategies that work in the long term. We are here for sustainable change. What you WON'T find here? 8-week challenge-style diets, detox diets, and rapid weight loss diets (which are code for rapid weight re-gain diets)

We cater to individuals with all health conditions and food preferences, as we are qualified, university-trained Accredited Practising Dietitians, and Accredited Sports Dietitians. We assess you as an individual and tailor the nutrition consultations to suit your specific needs.

In order to maximise progress towards your goals, we recommend completing the package in 3 phases: creating healthy habits, developing accountability and maintaining your lifestyle changes. This extended approach allows for regular monitoring, measurement and adjustments to your nutrition plan.



ARE YOU LOOKING
TO CREATE LONG-
TERM HEALTH AND
WELLNESS, ONCE
AND FOR ALL?

About the Package



14 x Nutrition Consultations

The Initial Nutrition Consultation (60 minute one-on-one session) is designed to develop and align your Nutrition Plan with your lifestyle goals and food preferences.

PHASE 1 - INTENSIVE: The first four (4) nutrition review consultations are spaced weekly (30 minute one-on-one sessions). This is designed to gain initial momentum and spur on meaningful change by focusing on creating healthy habits, fine-tuning your nutrition plan and supporting you in the early stages of the lifestyle change.

PHASE 2 - SUPPORT: The second four (4) nutrition review consultations plus one (1) extended review (60 minutes) are spaced fortnightly to ensure ongoing support, accountability, and make necessary changes to your nutrition plan. This phase focuses on building healthy habits and optimizing exercise and training to support your long-term goals.

PHASE 3 - SAFEGUARDING: The final four (4) nutrition review consultations will support you to develop strategies for consolidating and maintaining your lifestyle changes. We recommend fortnightly or 3-weekly sessions.

All sessions are completed in-person, via video conference or phone - based on your preference.



Body Composition Assessments

Body composition assessments are incorporated into the Nutrition Consultations should they be deemed helpful, and/or an essential metric to adjust and improve nutrition planning, and optimising long-term wellness. Often skinfold measurements are desirable to establish body composition change, and these can be done by your Sports Dietitian at regular intervals



2 x Supermarket Tours

To fast track your food knowledge and set you up for success, your Dietitian will lead a 1-hour personal supermarket tour (in Phase 1 or 2); here we will take a closer look at food choices, brand substitution, and uncover tricks that food manufacturers use which often see us buying, and eating, more than we need. We recommend a second supermarket tour during "Phase 3" to develop and consolidate your long-term healthy relationship with food.



CONTACT US

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