

Hi! Thank you for contacting me to guide you to achieve healthier eating habits.

My name is Yolanda Pascual Franquet, I am a Dietitian-Nutritionist specialized in weight control, digestive diseases, women's health through nutrition and expert in vegan clinical nutrition. Below you can see my services and how I work.

INITIATION PACK: (3 sessions).

FIRST SESSION 60 MINUTES:

- Personal interview: personal interview where we will check food preferences, type of diets you have followed in the past, sports habits, relationship with food, work schedules, review of strengths and weaknesses in the diet, review of daily intake, medical conditions...
- Height and weight control with INBODY 230 or TANITA BC 601 (only in person at the moment not available). In online sessions you control the weight with a weight at home that you already have or the one that I recommend if you prefer.
- Blood test check, assessment of nutritional supplementation. If necessary, a specific blood test is prescribed.
- Setting goals, type of protocol or diet to follow.

SECOND APPOINTMENT ONE WEEK LATER, (45-60 mins):

You will receive: document with your diet or personalized guidelines with example of 1 week meals, personalized guidelines related to the nutritional needs of the guided person, nutritional education and if you have any questions we will talk about anything you need to know in this appointment.

THIRD APPOINTMENT AFTER 2 WEEKS (30 minutes):

We will go through all the process you have been through these 2 weeks, address where you have been feeling comfortable and find new approaches to improve what hasn't worked well. Weight control. I will import the information to my weight control program so I can send you a document with the progress :)

Price: € 137 (TAXES incl. Does not include online payment fees: + € 2.17).

If you want a new menu at this point €30 are charged for this service (TAXES incl. Does not include online payment fees: + 0,80€).

The next sessions after this pack are €65 (TAXES incl. Does not include online payment fees, 1,20€).

Services provided:

- New menu, nutritional education and weight control with your own weight, but I will import the information to my weight control program so I can send you a document with the progress :)

In case you are interested in long term follow up pack with 4-8 or more sessions, tell me and I will fix a 20% discount for you :)



Also, I need you to do a little homework before we start our sessions.

I need you to write a food diary for 7 days. Be honest with all the food you write down, I am not going to judge you :) If you want you can also take pictures so I can see the amount of food you eat and also how much water you drink daily.

The photo must be taken from above with a fork and knife on each side of the plate in order to see the portions size.

Then send it the day before or the day of our appointment to nutricionsinergica@gmail.com

It is very important that you fill it out, CANCEL THE SESSIONS WHEN THIS HOMEWORK HASN'T BEEN DONE. So please, let's make this easy so I can work on your menu much better. THANK YOU :D

If all this looks good to you, you can book your appointment here:

[BOOK APPOINTMENT ONLINE.](#)

Thank you so much and see you soon!

DN Yolanda Pascual Franquet. Tlfno: +34674087556 Email: nutricionsinergica@gmail.com