

<b>OFFER</b>	<b>XL</b>	<b>L</b>	<b>M</b>	<b>S</b>	<b>XS</b>
Target-definition-meeting	●	●	●	●	
Baseline blood check (with GP, covered by health insurance)	●	●			
Collaboration with the GP	●	●			
1-week diet-diary and its evaluation	●	●	●		
Development of a diet plan	●	●	●	●	●
Periodic adjustments of a diet plan	●	●	●		
* Periodic blood checks (over GP) – only in case of existing metabolic diseases, in collaboration with the GP, including medical analysis of its results	●	●			
End blood check (over GP, covered by health insurance)	●	●			
Final meeting	●	●			
Home visit – assessment of actual food storage and coaching – once	●				
Accompanied grocery shopping– once	●				
Periodic follow-up of maintenance of achieved results – 1-2 years	●				
<b>PRICES (CHF)</b>	<b>3000</b>	<b>2000</b>	<b>1200</b>	<b>800</b>	<b>250</b>