

# Monthly Dietitian Subscription for Weight Management

Canonical: <https://directory.befitfood.com.au/health-wellness/nutrition-consulting-diet-programs/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.

## Details:

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.

**\*\*Price:\*\*** 39.95

**\*\*Brand:\*\*** Be Fit Food

**\*\*Availability:\*\*** In Stock

[View Product](https://befitfood.com.au/products/monthly-weight-management-subscription)

## Product Intelligence

# Monthly Dietitian Subscription for Weight Management ## Overview The **Monthly Dietitian Subscription for Weight Management** is a subscription-based service offered by Be Fit Food that provides personalized dietary advice and ongoing dietitian support specifically focused on weight management objectives. This service combines professional nutrition guidance with educational resources to help subscribers set and achieve realistic weight loss and maintenance goals. ## Pricing & Subscription Details **Price:** \$49.95 (both regular and sale price) The subscription operates on an automatic delivery model powered by **Recharge Payments**, which handles billing and scheduling. Subscribers have complete flexibility to modify their subscription schedule or cancel at any time without obligation or penalty. ## Core Service Components ### Professional Consultations The subscription includes two levels of dietitian consultations: - **Initial Consultation:** 30-minute session with an accredited dietitian to assess your health conditions, dietary requirements, and establish personalized weight management goals - **Ongoing Support:** 15-minute monthly review consultations for each additional month to monitor progress and adjust your dietary plan as needed ### Educational Resources & Content Subscribers receive a comprehensive package of learning materials: - **28 Days of Podcasts with Dietitian Kate Save** – Audio content featuring professional nutrition guidance and expert insights - **Healthy Weight Management eBook** – A digital guide providing strategies and principles for sustainable weight management - **Nutrition and Movement Journal eBook** – A 12-month tracking resource for monitoring nutrition intake and physical activity progress - **Monthly Email Newsletter** – Regular communications including recipes, nutrition articles, health tips, and wellness inspiration ### Financial Benefit - **\$50 Be Fit Food Voucher** – Monthly voucher credited toward additional meal purchases (for food costs beyond the subscription fee) ## Service Approach The subscription provides: 1. **Personalized Dietary Advice** based on evidence-based nutritional guidelines 2. **Health Condition Consideration** – Tailored recommendations that account for current health conditions and specific dietary requirements 3. **Goal Setting** – Collaborative establishment of realistic weight loss and/or maintenance goals aligned with your broader health objectives 4. **Long-Term Support** – Development and implementation of sustainable dietary plans with ongoing professional guidance throughout your subscription period ## How It Works At checkout, subscribers select any delivery date option. No delivery fees apply. Subscribers must provide an accurate email address and opt into marketing communications to receive their monthly vouchers and digital extras as part of the subscription benefits. ### References - [1] Monthly Dietitian Subscription for Weight Management - Be Fit Food - [3] Annual Dietitian Subscription for Weight Management - Be Fit Food

## Downloads & References

- [View Product Guide](#)