

# NutriFundi Pricelist – 2025

(Please note: This is a cash-price price-list. Medical aid rates apply when claiming directly from your medical aid. Thus, amounts charged might differ slightly. All our rates fall under the approved medical aid rates)

## Initial Visits

1. Initial consultation WITH eating plan: R1000.00
  - 1x 60 min appointment
  - InBody Assessment (with report explanation & report emailed to you)
  - Individual eating plan emailed to you within 3 – 5 days
  - *The cost to calculate this eating plan is included in the R900 - we do not provide generic plans*
  - Instruction video link emailed to you with the meal plan on how to follow the plan
  - (Online (Zoom): R700)*
2. Initial consultation WITHOUT eating plan R850.00
  - 1x 60 min appointment
  - InBody Assessment (with report explanation & report emailed to you)
  - Dietary education discussed in the session and emailed (if applicable) after your session.
  - (Online (Zoom): R600)*

*Semi-individualised meal plan option available online on website at R400. (<https://www.nutrifundi.co.za/shop/online-meal-plan/>). No Zoom consultation and no InBody included.*

## Follow-up visits

1. Follow up (Includes InBody Assessment): 20 - 30 minutes R350.00  
*(Online (Zoom): R250 (Please note: No InBody included))*
2. Extensive meal plan discussion (5 – 7 days after initial consultation) R520.00  
(Please note: This appointment is not necessary for all patients and will be discussed with you in the initial consultation)
3. Returning patient that requires meal plan adjustments R450.00  
(Include InBody Assessment)  
*(Online (Zoom): R350 (Please note: No InBody included))*

## Couples appointments

1. Initial Appointments for couples are charged separate See above  
(all meal plans are calculated individually)
2. Follow up appointments (InBody Assessment) (Saving of R150) R520.00
3. If couples decide to come separately for the weigh-in session R350.00  
(charged separately)

### Please note:

Your first appointment is focused on your dietitian getting to know you. No eating plan is the same thus we do need time to put this together for you. This usually takes a week maximum. If you would like more extensive meal plans (i.e. more than 3 days) and specialized recipes these will be at an additional cost due to the time (outside of your consultation fee as mentioned above) needed to compile them for you – feel welcome to discuss this with us (info@nutrifundi.co.za)

## InBody Assessments (No meal plan included)

1. First InBody session (30 minutes) R450.00
2. Follow up R350.00

## Discovery Nutrition Assessment

1. 30 minutes Vitality Session R520.00
  - 30 minute consultation, Includes InBody assessment and explanation
  - Includes dietary education if needed, but excludes meal plan

## Cancellations

cancelling or rescheduling your appointment in less than 24 hours – then the consultation you have been booked for will be charge for at a 50% rate. This amount cannot be claimed back from your medical aid. Cancelling or rescheduling your appointment within 24 hours – no charge.

