Real Food & Metabolic Gut Support

For those where nutrition and digestive health are the primary bottlenecks. Stop guessing with generic diets—get a bio-individual Real Food protocol designed around your unique physiology and lifestyle.

Bullet Points

✅ Custom Real Food Protocol – Tailored specifically to your body type, daily routine, and metabolic goals.

✅ Weekly Comprehensive Check-Ins – Detailed progress evaluations covering body measurements, biofeedback (energy, digestion, sleep, mood), and compliance.

✅ Digestion & Gut Health Optimization – Targeted strategies to reduce bloat, improve nutrient absorption, and boost daily energy.

✅ Direct Messaging & Support – Ongoing guidance so you never feel lost or stuck.

✅ Shopping Guides & Meal Resources – Practical, real-world tools to make grocery shopping and meal prep effortless.

✅ Ongoing Protocol Adjustments – Continuous fine-tuning of your meal plan based on your weekly check-in results to keep progress continuous.

Subscription Type: Month-to-month recurring membership.
(3-month commitment recommended for optimal results, giving your body the time it needs to adapt and transform).

Subscription Details & Terms:

- Billing Model: Auto-recurring monthly subscription powered securely by Stripe.
- Commitment: A 3-month minimum commitment is strongly recommended for optimal metabolic results and bodily adaptation.
- Cancellation Policy: You may cancel your subscription at any time by providing at least 7 days' written notice prior to your next recurring billing date.
- Refund Policy: Once a recurring monthly charge has been processed by Stripe, it is non-refundable. Please ensure notice is given before your renewal date to avoid automatic charges.

Standard Nutrition £99.99/ month







CLICK AND APPLY