



Tipo de Serviço		Sem Plano	My Home Care
Nutrição (50 - 70 minutos)	Perda de Peso / Aumento de peso	80,00€	50,00€
	Nutrição Desportiva	80,00€	50,00€
	Nutricao Vegetariana / Vegana	80,00€	50,00€
	Educacao Alimentar	80,00€	50,00€
	Educacao Alimentar Familiar	80,00€	50,00€
	Nutricao na gravidez	80,00€	50,00€
	Nutricao no pos-parto (recuperacao)	80,00€	50,00€
	Nutrição do Viajante	80,00€	50,00€
	Nutricao Clinica	100,00€	60,00€
	Tele/ Video Nutricao	75,00€	40,00€

*Atualizado a 1 de Setembro de 2025



Type of Service		Without Plan	My Home Care
Nutrition (50 - 70 minuts)	Weight Loss / Weight Gain	80,00€	50,00€
	Sports Nutrition	80,00€	50,00€
	Vegetarian / Vegan Nutrition	80,00€	50,00€
	Nutrition Education	80,00€	50,00€
	Family Nutrition Education	80,00€	50,00€
	Pregnancy Nutrition	80,00€	50,00€
	Postpartum Nutrition (Recovery)	80,00€	50,00€
	Traveler's Nutrition	80,00€	50,00€
	Clinical Nutrition	100,00€	60,00€
	Tele/Video Nutrition	75,00€	40,00€

*Last Update September 2025