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## My Promise

No quick unattainable results.

Hard work and patience.

Promise to coach you so that in the near future you can make better more informed food choices on your own.

## TESTIMONIALS

It is a long established fact that a reader will be distracted by the readable content of a page when looking at its layout. The point of using Lorem Ipsum is that it has a more-or-less normal distribution of letters, as opposed to using 'Content here, content here', making it look like readable English. Many desktop publishing packages and web page editors

-Declan Dalton  
Head Of Sports Department UCC

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-Clare Shine  
Cork Footballer

About

Services

Contact

Patrick Coakley Nutrition

The Lough Business Park,

The Lough,

Cork City.

Tel: (023) 5646738

Email

MY SOCIAL







## SERVICES



Once off Consultation - One hour meeting where I'll look into your eating behaviour and future goals and create a personalised meal plan for you. €50

[Book Now](#)

Full Time Nutrition - One to one meeting every 2 weeks, analysis of eating behaviours, adapting meal plans as needed, weekly weight analysis, 24/7 support and access to unlimited recipes. €100 month

[Book Now](#)

Large group talks - Services include:

Corporate Stand Ups - Talks on topics related to nutrition and health & wellbeing.

Cooking Demonstrations.

Nutrition for sports teams.

[Email: PCN@GMAIL.COM](#)

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## RECIPES

I won't push any generic meal plan on you, or force you to eat something you don't like, as that isn't sustainable.

I will provide you with endless amounts of easy to follow recipes to match your daily intake. I can also create recipes upon request.

Eating healthy doesn't have to be boring, you can experiment with spices to create exciting meals.

### EXAMPLE: HEALTHY CHICKEN MADRAS



#### INGREDIENTS:

125g Rice  
150g Chicken Breast  
1/2 Tin Chopped Tomatoes  
1/2 Chopped Onion  
Thumb sized Grated Ginger  
Clove of Garlic  
Red Chilli  
Tsp of Olive Oil  
Tsp each of turmeric, chilli powder, cumin and coriander

#### METHOD

1. Blitz the garlic, onion, red chilli and ginger in a blender to create a paste.
2. Heat pan with olive oil and add paste to pan. Cook for 2 mins.
3. Add turmeric, chilli powder, cumin and coriander.
4. Add chopped chicken breast.
5. Add tinned tomatoes, and simmer for 20mins.
6. Serve on a bed of rice.

#### Nutritional Info:

485 Kcal; 42g Protein, 8g Fat, 62.3g Carbohydrates

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## FOR ENQUIRIES FEEL FREE TO CONTACT ME

Group Name

First Name

Last Name

Subject

\*Message

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