

APEX NUTRITION PROGRAM

1:1 CONSULTATION



APEX NUTRITION



Meet the Team

Our Team of Dietitians and Nutritionists.



Daniel Murphy

MSc, PgD, BSc

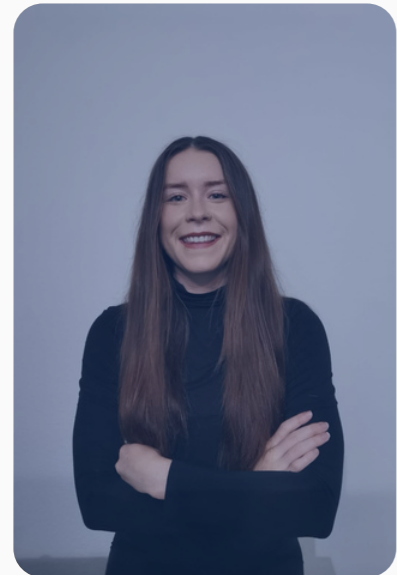
I'm a Registered Dietitian and owner of Apex Nutrition. I have an MSc in Dietetics, PgD in Nutritional Science, BSc in Public Health.



Kelsey Finglas

MSc, BSc

I'm a nutritionist (RD2B) and work as part of the Apex Team. I'm working on my MSc in Dietetics and have a BSc in Nutrition.



Aine Breen

MSc, BSc

I'm a nutritionist and work as part of the Apex Team. I've a MSc in Nutrition, BSc in Public Health and Health Promotion and also Health Science and Physical Activity.

What Are People Saying?



OUR MISSION

We want to help people achieve their nutrition goals in a sustainable and evidenced based method.

"Cork Nutrition Business of the Year 2023"

"Cork City Marathon Partners 2023"

"Top Google Reviewed Nutritionist Ireland"

TESTIMONIAL



John Burns

“ Having good guidance, regular check ins and accountability has really improved my habits and I have nearly lost 10kg at this stage

Elaine Buckley

Daniel has be fantastic with his advice,structure and guidance in helping me develop a much more well rounded way of approaching nutrition and management of my IBS.

”



Our Services

01



Weight Management

Our weight management program looks to work longer term on behaviours & lifestyle. We tailor a nutrition plan to your exact needs. You'll also have a nutritionist working 1:1 with you throughout your journey.

02



Sport Nutrition

We work with athletes in all disciplines. Improve performance in GAA, soccer, team sports, sprinting, marathon running, triathlon, competitive fighting and much more. Beat the competition with Apex.

03



Dietetic Consultation

Need to chat around a medical condition? Did you know health insurance might cover some of the cost? We work with people around Type 2 Diabetes, Cholesterol, iron deficiency, IBS, PCOS, IBD, Fatty Liver Disease, Gout and much more.

Consultation Process

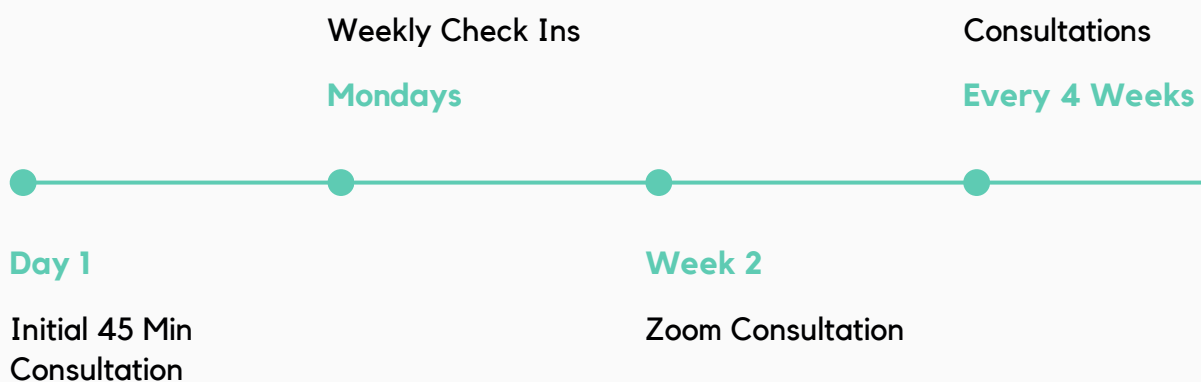
How it works

Consultation Outline

Each member will be paired with the very own nutritionist/dietitian. Consultations take place on a monthly basis over zoom. We offer extra to those who feel they need more support. You will be also able to contact your health professional through the Apex App.

The Member Journey

Take a look at the first few weeks.

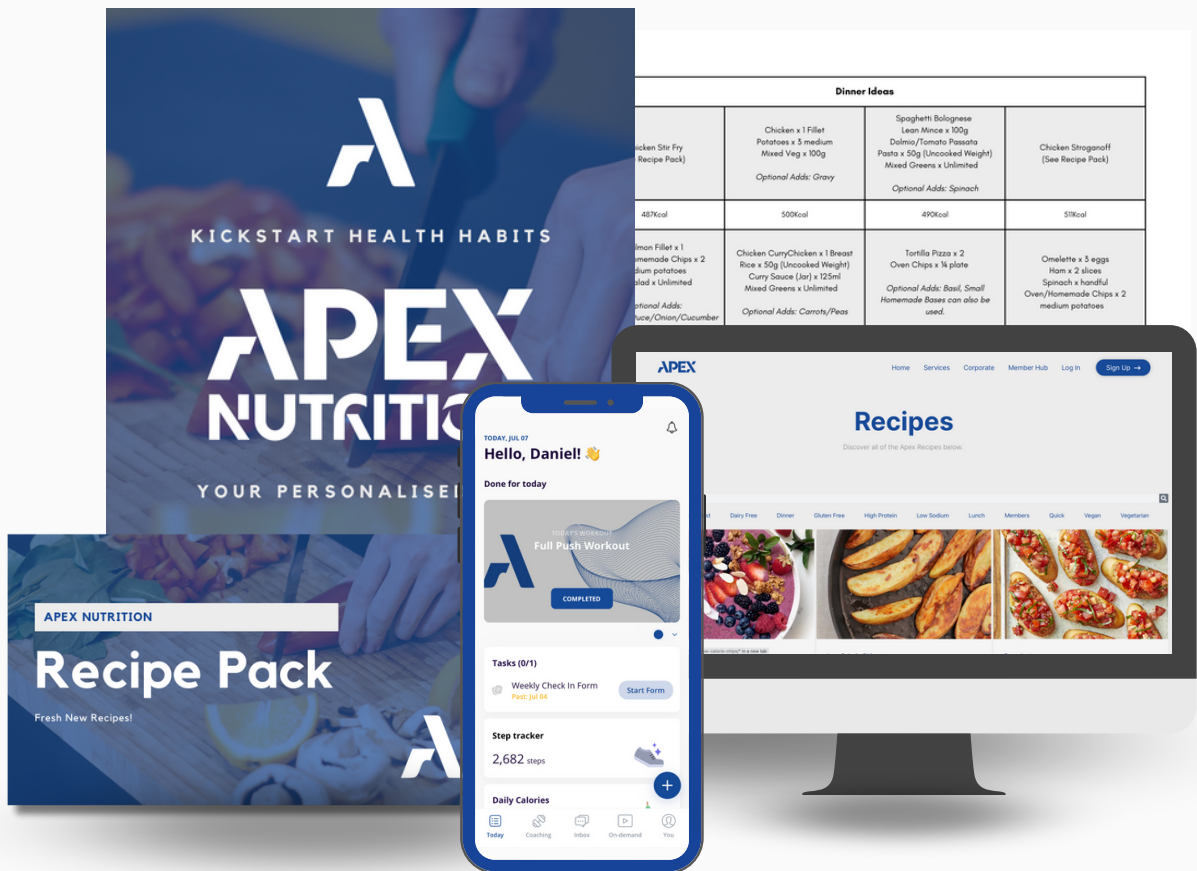


Our Features

What's included?

After the initial consultation

Each new member will receive a sample meal plan, nutritional guide outlining calories needs and lifestyle tips; they'll get access to the apex app, and our extensive list of delicious recipes.





**Get in touch to
start your
health journey**



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