



## Services and Rates

### Content Writing Services

Blog Posts - \$297

800-1000 words, research and writing

Client Resources - \$148 per page

Words only, research and writing

eBooks - \$148 per page

Words only, research and writing

Content Audit and Report - \$396

Voice of Customer Research and Report - \$346

White Papers - please contact me with your requirements for an exact quote

Content proofreading and editing - \$222 per 10 pages

### Monthly Packages

Monthly Blog and Email Package - \$1602 every 4 weeks

4 blog posts and 4 emails

Email Package - \$1198

5 page eBook (words only)

Nurture sequence of 4 emails

Off Your Plate Package - \$2134 every 4 weeks

4 blog posts, 4 emails, 8 Instagram captions (words only)

### Nutrition Consulting

Product, menu, recipe, or idea review and report

\$155 per hour

## Terms

All rates are in Australian dollars. All writing services include thorough research of the topic and your brand voice, voice of customer research, and SEO keyword research. Any content can be repurposed however you wish and does not need to be attributed to me.

Each piece includes one round of client revisions - please submit any revisions within 4 business days of receiving the draft. Signed agreement and 50% deposit is required for work to commence, with the balance payable upon completion of the final piece.