



## Nutritional Consultation Pricing

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| <b>4 Week Weight Loss Solution</b>   | <p>Includes;</p> <ul style="list-style-type: none"> <li>- Specific plan with all nutritional bases covered for health and weight loss!</li> <li>- Meal prep, grocery lists and recipes provided</li> <li>- Non-customizable plan, but easy to follow</li> </ul>  |
| <b>One Time – 1 Month Customized Meal Plan</b>   | <p>Includes;</p> <ul style="list-style-type: none"> <li>- Custom meal plan for the client’s specific needs and goals</li> </ul> <p>Great option for those accustomed to macronutrients, micronutrients and a good nutrition foundation. This option is best for someone who needs guidance on food choices, macro totals and overall fine tuning.</p>  |
| <b>One Month - Nutritional Coaching with a Customized Meal Plan and Accountability</b> | <p>Includes;</p> <ul style="list-style-type: none"> <li>- Custom meal plan for client’s specific needs and goals</li> <li>- (3) Weekly check-in’s (in person or telephone) for 10 minutes for accountability, and to go over questions that the client may have developed over the week. Includes any adjustments that may need to be made.</li> <li>- In depth review of nutritional needs</li> <li>- Review of current nutritional regimen and nutritional status</li> <li>- Address nutritional deficiencies and concerns</li> <li>- Address supplementation that may be needed for goals (<i>i.e. a fish oil may be recommended if the coach is concerned that omega-3 levels are not being met.</i>)</li> </ul> |