



Diet & Nutrition Package Details

SERVICE TYPE	TIME	REOCCURRENCE	COST	WHAT YOU GET
Free Nutrition Discovery Call	20 mins	One-time	Free	<p>Are you looking for long-term support or simply have questions about your nutrition? Let's meet!</p> <p>We'll talk about what you are looking to accomplish, and determine if working together is a good fit, then make a plan for getting started.</p>
Initial Consultation	50 mins		\$95	<p>This is a great place to get started for new clients. This 50-minute virtual consultation includes a full nutrition and health assessment and a deep-dive conversation about what you are looking for. The session will include follow-up with any determined deliverables, like a meal plan, so you are well on your way to getting started with what you need.</p>
30-Minute À La Carte Session	30 mins		\$49	<p>Have just a few questions about your or your family's nutrition? This 30-minute virtual session is a great short-term option.</p>
Nutrition Support Program			\$160	<p>This package is a 4-month program designed to be a support system to assess, plan and work toward your nutrition and lifestyle goals. Together, we will determine the method that fits your needs and check in regularly.</p> <ul style="list-style-type: none"> • 1 Initial 60-minute consultation • 7 45-minute sessions scheduled twice per month • Access to email/virtual communication • Extras such as meal plans and recipes • Easy-to-use app for journaling, tracking goals, logging metrics and communication. This is tailored based on your needs (usage is optional).