

NUTRITION SERVICES AND PRICE SHEET

A SINGLE SERVING

Initial Consultation

A complete nutritional and medical history will be documented; client concerns and questions will be addressed. We will discuss your expectations of working with a dietitian, your current nutritional needs and come up with a plan of action. A basic meal plan and specific food recommendations will be given to address your needs. Cost is \$100*; please allow 60 minutes.

Follow-Up Appointments

Follow-up sessions are used to address your changing nutritional needs and for more specific meal plans. We will review your diet and eating habits, establish nutritional needs and provide you with the tools to achieve your goals. You will learn how to nourish your body, achieve optimal energy levels, manage health conditions and/or experience weight management. Cost is \$75*; please allow 45 minutes.

Meal Planning

For an additional cost, a detailed meal plan can be developed on a weekly or monthly basis. We will specifically layout when to eat each meal/snack, what will be eaten, provide recipes and a weekly grocery list. Cost starts at \$200* and is dependent on factors including length of meal plan, client's specific needs/preferences, etc.

Dietary Analysis

Are you interested in learning about how you are already doing, from a nutritional perspective? How close you are already eating to your specific nutrient needs? We can analyze your dietary intake over a 3-day or 7-day period and tell you exactly the amount of vitamins and minerals you are getting on an average basis. Cost: 3-day analysis is \$300*, 7-day analysis is \$500*.

Pantry Takeover

Do you know what should be in your pantry? Or even what is in your pantry now? Let us provide some guidance that specifically addresses your needs and concerns. Cost is \$200*; please allow 60 minutes.

Supermarket Tour

Enjoy a private supermarket tour at the store of your choice. You will be taught how to work the supermarket and how to really read the nutrition labels. Walking down each aisle, the best (and worst!) food choices for you will be discussed. Cost is \$200*; please allow 60 minutes.

Metabolic Testing

This 15-minute test accurately measures how many calories you burn when your body is at rest. The information provided is invaluable, as a base point for all healthy nutrition plans. Cost is \$60*; please allow 30 minutes.

AN EXTRA HELPING

Express Plan

A quick start package of 4 private counseling sessions over 4 weeks. This package includes a personalized meal plan, body composition analysis, nutraceutical recommendations and time spent discussing pertinent topics. Cost is \$275* (**save \$50**); please allow 60 minutes for the initial consultation and 45 minutes for the follow-up visits.

Deluxe Plan

This plan includes 7 private counseling sessions to address your specific needs. In addition to the services offered through the *Express Plan*, you will undergo metabolic testing from which your detailed meal plan will be based. Recipes and a grocery shopping list will be provided and your body composition will be monitored throughout the plan. All modifications to your plan are included. Cost is \$460* (**save \$150**); please allow 60 minutes for the initial consultation and 45 minutes for the follow-up visits.

Superior Plan

Experience the development of healthy eating patterns, weight management (weight loss of up to 40 pounds) and improved control over pre-existing medical conditions. This plan includes: 14 private counseling sessions, metabolic testing, ongoing body composition tracking, meal plan, recipes and personalized grocery-shopping lists. The superior plan also includes all modifications to your plan. Cost is \$835* (**save \$300**); please allow 60 minutes for the initial consultation and 45 minutes for the follow-up visits.

***The client will never be responsible for costs greater than listed above, however cost may be less dependent on insurance coverage.**