



**50 minute Clinical Nutrition & Health Assessment.** Clients receive a full clinical nutrition and health assessment to include review of medical history, genetic history, daily food selections, medications, supplements, and blood work. Recommendations are given for dietary changes to support medical concerns or weight loss goals, supplementation suggestions, lifestyle changes and assessment of proper caloric intake.

**\$75.00**

**Get Fit Fast Program.** Clients receive a 40 minute nutrition consultation to assess dietary intake and weight loss goals. Recommendations are given for caloric intake, supplementation, and exercise regimen. Clients also receive a Healthy Weight Loss Meal Plan to include 7 different breakfast, lunch, dinner, and snack options to mix and match for a complete month! Clients also receive a grocery guide to healthier food shopping.

**\$99.00**

**Fast Track to Weight Loss.** Clients receive a 40-minute nutrition consultation with a 7-Day Healthy Weight Loss Meal Plan (as in the Get Fit Fast Program), plus a 30-minute follow up consultation to provide support and motivation for clients to achieve their goals and/or answer additional questions with regard to their healthy new lifestyle. Snack List & Diet Tips Included!

**\$135.00**

**Weight Loss & Health Coaching 4-Pack.** (4) 30-minute consultations (also follow ups) to support clients in their weight loss efforts and health goals. At each visit you will receive guidance and coaching to help you achieve success. Clients can choose from topics such as healthy food selections, label reading, information on sugars and artificial sweeteners, lifestyle changes, cholesterol, fats, etc. These sessions can be customized depending on the clients' concerns, such as diabetes, disease prevention, supplementation, exercise, cholesterol and more.

**\$ 129.00**

**With Customized Diet \$ 179.00**

Individual (30) Minute Sessions \$ 35.00

**Prevention & Diabetes Control.** Learn the correct way to control your blood sugar, as well as lose weight and regain energy and stamina. Clients receive two 50-minute sessions which teach you all about sugar, artificial sweeteners, High Fructose Corn Syrup and how they affect your body. A list of healthy protein and low glycemic index snacks are included.

**\$150.00**

**With Meal Plan \$ 199.00**

**Healthy Fats.** The standard American diet (SAD) is high in sugar, low in nutrients and high in fat. Processed and packaged foods are high on our grocery lists and cause major damage to our arteries and waistlines. This session teaches you about trans fats, how they are formed, where to find them, and the effect they have on our bodies. Learn about "healthy fats" and tips on how to reduce the amount of "bad" fats in your diet and replace them with "good".

**\$150.00**

**With Customized Meal Plan \$ 199.00**

**Gut Health.** This package is designed for clients who have gastrointestinal distress, disorders or diseases such as IBS, Crohn's, celiac sprue, GERD, ulcerative colitis or diverticulitis. Proper nutrition will help manage, limit, and prevent symptoms from reoccurring. A clinical assessment and blood work review are performed to determine any nutrient, enzyme or probiotic deficiency. Dining Tips food options, supplementation and lifestyle changes are provided which promote healing and prevent symptoms from reoccurring.

**\$ 150.00**

**With Customized Meal Plan \$199.00**

**Hormone Health** This package is designed for women who are experiencing hormonal symptoms. Our hormones can become imbalanced at any age, which causes uncomfortable symptoms such as hot flashes, night sweats, depression, mental fogginess, weight gain and more! A clinical assessment, including blood work and hormone review, is performed to determine how to naturally rebalance your body without synthetic additions. Natural supplementation and food recommendations, as well as lifestyle changes, are suggested.

**\$150.00**

**With Customized Meal Plan \$199.00**

**3 Month Weight Loss Program:** This package is customized to the individual who needs to be accountable for the eating habits and health concerns. Every week a follow up call or appointment is performed which tracks your progress and aids in achieving your goals. A clinical assessment and blood work review is performed to analyze your specific metabolic needs. A customized meal plan is also created for your specific caloric intake, your health concerns and your pick of favorite whole foods. Quick & easy recipes are also included as well as a healthy snack list! Each visit a weigh in is performed and you receive a new diet tip and lifestyle change which helps you achieve your goals

**12 (30) minute sessions \$ 799.00**