

# WHAT CAN YOU EXPECT WITH NUTRITION COACHING?

- 1 Nutrition Assessment:** I will gather information about your current health status, medical history, dietary habits, lifestyle, and specific goals you want to achieve.
- 2 Nutrition Analysis:** Based on the information provided, I will evaluate your nutritional needs, nutrient deficiencies, and areas that require improvement.
- 3 Goal Setting:** Together, we will establish realistic and personalized goals tailored to your specific needs, whether it's weight management, improving overall health, managing a specific medical condition, or enhancing athletic performance.
- 4 Personalized Recommendations:** I will provide you with tailored recommendations regarding dietary changes, portion control, meal planning, and specific nutrient requirements.
- 5 Education and Guidance:** You will receive education and guidance on various aspects of nutrition, such as understanding macronutrients and micronutrients, reading food labels, mindful eating, and strategies to overcome challenges or obstacles.
- 6 Monitoring and Support:** Subsequent visits allow me to monitor your progress, address any concerns or challenges, and provide ongoing support to help you stay on track towards your goals.

## SERVICES OFFERED:

### 1-WEEK CUSTOM MEAL PLAN \$180

Upon purchasing this service, a personalized meal plan will be curated to align with your specific needs and health goals. Following your purchase, you will receive a questionnaire that gathers information regarding your current diet, lifestyle habits, dietary restrictions or allergies, and dietary preferences. In addition, the meal plan will include recipes for all recommended meals along with a grocery list for your convenience.

### 1-HOUR ASSESSMENT \$175

I will conduct a comprehensive interview to assess your current nutrition and lifestyle habits, enabling us to identify areas where beneficial changes can be implemented. Together, we will explore actionable steps to initiate positive transformations and help you progress towards your goals.

*Assessment fee will be waived if you sign up for a package within one week!*

### 4-WEEK PACKAGE \$325 (\$162/session)

**Free 1-hour assessment for your first session** (one time offer)

**2 x 45-minute follow-ups**

Review habits and continuously reinforce healthy nutrition behaviors

**Sample meal plan and grocery list**

Provides you with meal planning guidance based on your needs

**Fillable templates**

Empowers you to practice creating your own personalized meal plans and grocery lists

**Educational handouts**

Provides ongoing guidance for making informed food choices

**Continuous remote support**

Allows you to ask questions and receive guidance throughout the week outside of our counseling sessions

**10% discount when you renew**

Price lowers to \$292 (\$146/session)

### 8-WEEK PACKAGE \$625 (\$156/session)

**Everything listed in the 4-week package PLUS:**

**+ 2 more follow-ups (4 total follow-ups)**

**+ 1-week custom meal plan**

Takes out the guesswork and is tailored to your specific needs while also providing insights into the reasoning behind the construction of your meal plan

**10% discount when you renew**

Price lowers to \$562 (\$140/session)

### 12-WEEK PACKAGE \$875 (\$145/session)

**Everything listed in the 4-week package PLUS:**

**+ 4 more follow-ups (6 total follow-ups)**

**+ 1-week custom meal plan**

Takes out the guesswork and is tailored to your specific needs while also providing insights into the reasoning behind the construction of your meal plan

**10% discount when you renew**

Price lowers to \$787 (\$131/session)

### ATHLETE'S PACKAGE \$795/MONTH

This comprehensive package is specifically designed for athletes, offering frequent guidance on optimal fueling strategies for your specific sport. You will also receive personalized meal plans that are continuously updated to align with your evolving needs throughout the training season. Whether you're looking to maintain energy levels on the court, discover effective hydration techniques, or build muscle during the on and off-season, this package equips you with the knowledge to maximize your performance.

**This package includes:**

- Sport-specific nutrition guidance
- Includes 1-hour assessment for your first session (\$175 value)
- Weekly 45-minute check-ins (\$500+ value) to review your nutrition habits, energy levels, and training progress from the previous week
- Personalized meal plans and grocery lists continuously updated to align with changes throughout the training season (\$180+ value)
- Hydration and supplement guidance to optimize your training and performance
- Nutrition education materials specifically tailored to your sport and training requirements
- Ongoing remote support from me where I answer your questions throughout the week outside of our counseling sessions

**Topics covered but not limited to:**

- Pre and post-workout nutrition
- Off-season vs in-season fueling
- Macronutrient timing and their roles
- Hydration strategies
- Supplement use
- Fueling when eating out
- Fueling at altitude
- Gut health and performance