



# Cash Pay Nutrition Packages



## Initial Assessment

- 90-minute comprehensive session
- Review of health history, eating patterns, lifestyle, and goals
- Includes: customized meal plan and actionable strategies

**\$125.00**

## Follow-Ups

- 60-minute session
- Ongoing guidance, education, and accountability
- Adjustments to meal plans, lifestyle, and goals

**\$85.00**

## 3-Session Package

- 1 Initial Assessment (90 min)
- 2 Follow-Up Sessions (60 min each)
- Includes:
  - Customized meal plan
  - Email recap after each session
  - One bonus resource (habit tracker, recipe bundle, or goal-setting worksheet)
- Valid for 3 months

**\$275.00**

(SAVE \$20)

## 6-Session Package

- 1 Initial Assessment (90 min)
- 5 Follow-Up Sessions (60 min each)
- Includes:
  - Customized meal plan
  - Email support between sessions
  - Monthly progress tracker
  - Bonus PDF guide or additional meal planning resource
- Valid for 4 months

**\$495.00**

(SAVE \$50)

FEEL FREE TO REACH OUT WITH QUESTIONS VIA EMAIL OR PHONE. CASH, CREDIT AND FSA ACCEPTED.