

# Nutritional Counselling Rates & Packages

*Holistic nutritionists guide their clients through the maze of information from books, magazines, supplements and diets on the market. They work with clients to identify and help correct the nutritional causes of diseases, and they are qualified to design personalized diet and lifestyle programs that optimize health.*

**MEET & GREET:** Initial meeting to discuss your health goals and concerns while learning more about holistic nutrition and how it can help you achieve a healthier lifestyle.

15 minutes FREE

**INITIAL ASSESSMENT + RECOMMENDATIONS:** This is a two-part appointment. The first part includes an in-depth nutrition evaluation all about you, focusing on personal health, family health history, lifestyle, and a complete dietary analysis. The second part will focus on discussing targeted nutritional recommendations based on your health concerns and in-depth nutrition evaluation.

Appointment #1: 60 minutes

Appointment #2: 30 minutes

\$150

**FOLLOW UP VISIT:** Follow up visit to discuss progress and make modifications, if necessary, to reach your health goals.

Approx. 30 minutes \$50

**CUSTOM MEAL PLANS:** Personalized meal plans tailored to your health conditions, allergies, sensitivities (gluten free, dairy free, etc.) and likes/dislikes

1 week - \$40

2 weeks - \$70

3 weeks - \$105

4 weeks - \$130

**CONSULTATION PACKAGE #1:** Includes initial consultation, 3 follow up visits

\$250

**CONSULTATION PACKAGE #2:** Includes initial consultation, 2 follow up visits PLUS a 14-day meal plan

\$270

*24 hours' notice is required for cancellation of a scheduled appointment. Failure to provide adequate notice for cancellation or no show for a scheduled appointment may result in a fee of \$50.00.*