

RATE SHEET

Initial Visit
\$175

Customized Meal Plans
\$100 per week

Follow up Visit
\$100

Online Nutrition Basics Class
\$100

Online Intuitive Eating Workshop
\$400

Online Cooking Basics Class
\$100

GETTING STARTED PACKAGE:

- 1 initial + 3 Follow Ups = \$375 (Save \$100)

FOLLOW UP DISCOUNT PACKAGES:

- 10 Follow Ups = \$800 (save \$200)
- 5 Follow Ups = \$400 (Save \$100)

THE TOTAL PACKAGE: \$800 (Over \$1000 Value)

- Choose between the Getting Started Package or the 5 Follow Up Package (depending on if you are a new client or not)
- 2 Weeks of Meal Plans + Shopping List
- Intuitive Eating Workshop that includes 10 hours of education and worksheets
- Nutrition Basics online class
- Cooking Basics online class
- 20+ healthy recipes tailored to your needs

*Sliding scale is 25% off all services & classes (not packages)
Open to clients due to financial hardship*

