

# MY NUTRITION STUDIO, LLC PROGRAMS AND RATES

\*All self pay consultations may also be held virtual or by phone!

## INITIAL NUTRITION ASSESSMENT

Includes a one-on-one 45-60 minute comprehensive nutrition assessment. We explore areas of concern, set your nutritional goals and formulate a plan to help you achieve those goals. We recognize that each individual is unique and requires personalized nutritional therapy and coaching. We strive to identify factors such as medical history, genetics, food preference, and intolerance to achieve a dietary regimen that is most effective for you. Refer to our nutrition therapy packages for a discount on this service!

\$100

## NUTRITION FOLLOW UP

30 minutes to discuss progress and any challenges you have encountered with reassessment of diet and lifestyle habits included. When you come back for follow-up visits, your dietitian will provide encouragement and accountability, as well as new ideas to keep the momentum going! Refer to our nutrition therapy packages for a discount on this service!

\$60

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Purchasing nutrition services in bulk will not only save you money, but will promote successful outcomes with accountability!

## NUTRITION THERAPY PACKAGE I

This kick starter nutrition package includes...

- 1 Initial Nutrition Assessment
- 2 Follow Up Sessions

Meeting frequencies are based on your nutrition needs. Total sessions expire in 3 months.

\$200

ACCOUNTABILITY ADD-ONS—

\*Must be an established client

## FOLLOW UP PACKAGE

30 minute follow up sessions to continue to hold you accountable...

- 3 Follow Up Sessions

\$150

## NUTRITION THERAPY PACKAGE II

- 1 Initial Nutrition Assessment
- 5 Follow Up Sessions

Meeting frequencies are based on your nutrition needs. Total sessions expire in 6 months.

\$360

## JUST CHECK-INS VIRTUAL PACKAGE

Doing well? Try our mini sessions to continue to stay on track!

- 4 Follow Up Mini Sessions 15-20 minutes held virtual/phone

\$100