

## MY NUTRITION STUDIO, LLC SELF PAY 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.

\$120

### NUTRITION FOLLOW UP

30-45 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!

\$80

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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.

\$240

### NUTRITION THERAPY PACKAGE II

This package is helpful when wanting to increase frequency of visits with your dietitian and includes...

- 1 Initial Nutrition Assessment
- 5 Follow Up Sessions

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

\$400

### EXTENDED FOLLOW UP PACKAGE

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

- 3 Follow Up Sessions

\$160