

SERVICE RATES



NUTRITION COUNSELING:

Initial Consultation: **\$225**

Includes: 90 Minute Session + 1 Inbody Scan

Follow-up Session: **\$80**

Includes: 30 Minute Session + 1 Inbody Scan

Follow-Up Bundle:

\$225 - Includes 3-30 Minute Follow-Up Sessions + 3 Inbody Scans

\$420 - Includes 6-30 Minute Follow-Up Sessions + 6 Inbody Scans

\$650 - Includes 10-30 Minute Follow-Up Sessions + 10 Inbody Scans

INBODY MUSCLE & BODY FAT ANALYSIS:

Inbody Scan: **\$50/scan, \$125/3 scans**

WEIGHT LOSS PACKAGES:

3 Month Transformation: **\$300/month** - for clients looking to lose 10-12 pounds

*Includes: 90 Minute Initial Session + Bi-Weekly 15 Minute Follow-Up Calls
Bi-Weekly 30 Minute Follow-Up In-Person Sessions + 6 Inbody Scans
Customized Nutrition Plan + Unlimited Email Access + Weekly Motivational Inspiration*

6 Month Transformation: **\$250/month** - for clients looking to lose 15-25 pounds

*Includes: 90 Minute Initial Session + Bi-Weekly 15 Minute Follow-Up Calls
Bi-Weekly 30 Minute Follow-Up In-Person Sessions + 12 Inbody Scans
Customized Nutrition Plan + Unlimited Email Access + Weekly Motivational Inspiration*

Accountability Program: **\$99/month**

Includes: Weekly 15 Minute Check-In Calls

CULINARY SERVICES:

In-Home Culinary Wellness Package: **\$999** | Invite an additional person for **\$300**

*Includes: Consultation Call with Culinary Dietitian + In-Home Pantry Makeover
Guided Grocery Store Trip + In-Home Cooking Class
ADDED BONUS: Kitchen Starter Kit + Meal Planning with Culinary Dietitian (\$300 value)*

In-Home Cooking Class: **\$450**

Includes: Consultation Call with Culinary Dietitian + 90 Minute In-Home Cooking Class + Cost of Groceries

In-Home Pantry & Fridge Makeover: **\$350**

Includes: Consultation Call with Culinary Dietitian + 180 Minute In-Home Pantry Makeover

Guided Grocery Store Trip: **\$200**

Includes: Consultation Call with Culinary Dietitian + 60 Minute Guided Grocery Store Trip