

Healthy Lifestyle Package <i>Most Popular</i>	VIP Package
<p data-bbox="373 318 835 370">3 Months (12 Weeks)</p> <p data-bbox="163 422 1033 591">Learn how to live a healthy lifestyle every day and how to sustain it through nutrition coaching, meal plans, recipe books, and photo food logging using the Healthie app between appointments.</p> <ul data-bbox="176 688 1012 1143" style="list-style-type: none"> ● One 60-minute initial nutrition coaching session ● Four 30 minute follow-up nutrition coaching sessions ● 14 days of customized meal plans ● 2 customized grocery lists ● 3x per week photo food journal reviews using the Healthie app ● Unlimited support in the Healthie messenger between sessions ● 2 FREE Blush Nutrition Recipe eBooks 	<p data-bbox="1285 318 1759 370">6 Months (24 Weeks)</p> <p data-bbox="1066 422 1936 636">Achieve your long term health and wellness goals with the increased time working with the dietitian including nutrition coaching, accountability, meal plans, recipe books, and 24/7 access to the dietitian between appointments.</p> <ul data-bbox="1087 688 1978 1101" style="list-style-type: none"> ● One 60-minute initial nutrition coaching session ● Eight 30 minute follow-up nutrition coaching sessions ● Six 15 minute phone check ins ● 21 days of customized meal plans ● 3 Customized grocery lists ● 5x per week photo food journal reviews using the Healthie app ● Phone, text and email support between sessions ● 4 FREE Blush Nutrition Recipe eBooks

Brittany L. Jones, MS, RD, LD is a licensed dietitian in the state of South Carolina, and you may use your health savings/flex spending account to pay for your package. Each package includes a Superbill provided with the medical license number and ICD-10 procedure code for the client to submit for reimbursement by their insurance plan. Blush Nutrition is not an insurance provider, and it is the clients' responsibility to determine if your health insurance will cover your nutrition and wellness services.