

Master Meal Planning Package

Nutrition Counseling + Meal Planning

8 Weeks

This package includes one-on-one sessions with your Registered Dietitian as well as customized meal plans written for your schedule and your preferences. Our flexible meal planning course and cookbooks are also included. At the end of this package clients will have a clear plan of how to meet their health and wellness goals, as well as how to meal plan!

- One (1) 60-minute initial nutrition coaching session
- Three (3) 30 minute follow-up nutrition coaching sessions
- Two (2) 15 minute phone check ins for accountability
- Two (2) weeks of customized meal plans + grocery lists
- Access to our Flexible Meal Planning Course
- 2 FREE eCookbooks (40+ recipes)
- Email support between sessions
- Superbill provided with medical license for potential reimbursement by insurance/HSA

Concierge Nutrition Package

Nutrition Counseling + Meal Planning + Accountability

16 Weeks

*This package is ideal for those looking to meet their goals without fad diets and improve their relationship with food. Each one-on-one session with your Registered Dietitian will help you focus on **progress not perfection** to find a sustainable lifelong healthy lifestyle. This package also includes accountability via the Healthie app, text message support, customized meal plans written for your schedule/preferences, our flexible meal planning course, and cookbooks.*

- One 75-minute initial nutrition coaching session
- Six (6) 45 minute follow-up nutrition coaching sessions
- Four (4) 15 minute phone check ins for accountability
- Three (3) weeks of customized meal plans + grocery list
- 3x per week photo food/feeling journal checks via Healthie
- Access to our Flexible Meal Planning Course
- 4 FREE Recipe eBooks (80+ recipes)
- Weekly mindset and nutrition tips via Healthie
- Text message and email support between sessions
- Superbill provided with medical license for potential reimbursement by insurance/HSA/HRA

