



WEIGHT LOSS PACKAGES

JUMP START

Less than 15lbs to lose

\$300 / month | no commitment

4 nutritional counseling visits

MADE FOR YOU

Less than 30lbs to lose

\$250 / month | 3 month commitment

12 nutritional counseling visits

TOTAL ACCOUNTABILITY

30lbs or more to lose

\$200 /month | 6 month commitment

24 total nutritional counseling sessions

All Plans Include:

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- Nutrition prescription (calories, macronutrients, and adjustments as needed)
 - Unlimited access to registered dietitian nutritionist (messenger or email)
 - Weekly goal setting and accountability
 - Weekly meal plan, recipes and grocery list
 - Food log tracking and review
 - Approved snack and food list
 - Post session nutrition care plan recap/notes
 - Medication nutrient interaction review
 - Supplement review and recommendations
 - Unlimited body composition testing & analysis
 - Optional \$50 add on for personalized fitness plan