



Nutrition Program: Phase 1 Options

Silver

4 Weeks
\$199

Initial Consultation & Health Assessment

4 Weeks Customized Meal Plans
(with Grocery Lists)

Goal Setting

Comprehensive Nutrition Handbook

Biometric Testing (Renpho Machine)

Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients

Weekly Virtual Check-Ins

Follow-Up Visit (At End of 4 Weeks)

Month 2 and 3 Ongoing Nutrition Coaching \$139/month then Graduate to Phase II

Gold

3-month commitment
\$139/month

Initial Consultation & Health Assessment

4 Weeks Customized Meal Plans
(with Grocery Lists)

Goal Setting

Comprehensive Nutrition Handbook

Biometric Testing (Renpho Machine)

Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients

Biweekly Virtual Check-Ins

One In-person Follow-Up

Graduate to Ongoing Nutrition Coaching after 3 Months

*Phase II: \$75/month
(includes 2/30 minute consultations)*

Platinum

3-month commitment
\$189/month

Initial Consultation & Health Assessment

4 Weeks Customized Meal Plans
(with Grocery Lists)

Goal Setting

Comprehensive Nutrition Handbook

Biometric Testing (Renpho Machine)

Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients

Biweekly In-person Follow-ups

Weekly Virtual Check-Ins

Graduate to Ongoing Nutrition Coaching after 3 Months

*Phase II: \$145/month
(includes 2/30 minute consultations)*