

BALANCE FOR LIFE NUTRITION

Our goal is to help clients achieve a more balanced lifestyle. Whether you're interested in losing weight or just learning better eating habits—we'll make it easy for you to reach your personal goals, without getting bogged down in fad diets or complicated food plans.

NUTRITION CONSULTATION

Would you like to feel better and improve your eating habits? Meet with one of our knowledgeable staff for 15 minutes and find out how they can help you with your health and wellness goals!

**15 minute consultation
FREE**

INTRODUCTORY OFFER

This "kickstart" will help you to get moving in the right direction with healthy eating and lifestyle changes. If you feel like you might need a little more motivation and guidance, simply add follow-up sessions to your account.

**1 hour session includes nutrition and lifestyle recommendations
plus 2 – 15 minute follow-ups (1 hour and 30 minutes total)
\$99**

FOLLOW-UP SESSIONS

Whether you decide to invest in 1 hour or 6, you can split up your time into 15, 30, 45 and 60 minute increments in-person or via the phone. This allows you to customize your sessions—some days you might need more time, some days less—we leave it up to you.

**1 hour: \$90 (\$22.50/15 min.)
3 hours: \$255 (\$85/hr) (\$21.25/15 min.)
6 hours: \$480 (\$80/hr) (\$20.00/15 min.)
9 hours: \$675 (\$75/hr) (\$18.75/15 min.)**

INDIVIDUAL PROGRAMS

If you want or know you need more accountability and structure for your goals, try a personalized 8-week or 12-week program. Both programs include a custom nutritional assessment, plus access to our online grocery and meal planning system, DietMaster Pro™, with meal plans designed by registered dietitians.

**8-week: Includes 1-hour session, nutritional assessment, online meal planning system plus 4–30-minute follow-ups.
\$299**

**12-week: Includes 1 hour session, nutritional assessment, online meal planning system plus 6–30-minute follow-ups
\$399**

COUPLES NUTRITION

Learn to improve your eating habits together. Sessions will be tailored to your needs and can include home visits to assess your pantry, grocery store tours, reviewing favorite restaurant menus, recipe suggestions and much more.

\$150/hour

ALA CARTE

Nutritional Assessment

Do you really know that you are getting everything you need from your diet to be optimally healthy? We'll meet with you for 30 minutes to explain the assessment, which will help to identify excesses and deficiencies and balance out your diet. We use DietMaster Pro™ to create your personalized assessment.

\$50

Online Meal Planning

Do you feel like you have the basic knowledge, and motivation, but just need a good tool? This online tool, DietMaster Pro™, includes meal plans designed by registered dietitians, and will help you to track what you eat, plus help you plan meals and create a grocery list.

\$20/Month

All sessions can be scheduled in 15, 30, 45 or 60-minute increments and can be conducted in-person, over the phone, or via email. If you schedule a phone appointment, please make sure we have your correct phone number on file (we will use this number to call you at the time of your appointment). All packages expire in 6 months. We require a 24 hour cancellation notice.

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