



# NUTRITION COACHING

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## WARM UP \$65

### 1 Hour with the Nutrition Coach reviewing:

- Nutrition questionnaire & goals form
- 1 Week food log (using MyFitnessPal app)
- Lifestyle changes combining nutrition & exercise

## DIVE IN \$200

### Warm Up Package Plus:

- Two 45 minute in person coaching sessions
- Weekly recipes & meal tracking review for 4 weeks
- Meal prep guidance & grocery lists for 4 weeks

## HIGHEST PEAK \$350

### Warm Up Package Plus:

- Four 45 minute in person coaching sessions
- Weekly recipes & grocery lists for 8 weeks
- Meal tracking review & sample meal planning for 8 weeks
- Unlimited text/email

