



COST EFFECTIVE RD

NUTRITION AND MANAGEMENT CONSULTING

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Virtual Appointments



VIRTUALLY ANYTHING



Any 45 minute virtual appointment to develop an initial personalized nutrition and wellness plan OR a follow-up appointment based on a previous in-person or virtual assessment appointment. HIPAA secured meeting portal used.

COMPLETE & VIRTUAL



A completely virtual package that includes a complete Kick Start assessment plus 3-30 minute follow-up sessions & messaging support in between sessions. All sessions use a HIPAA secured meeting portal.

MEAL PREP SUPPORT



1-45 minute VIRTUAL session tailored to meet personalized meal planning, purchasing & preparation needs. HIPAA secured meeting portal used.



Culinary Education Appointments



CREATIVE COOKING



Dietitian lead culinary techniques & nutrition knowledge session shared with friends hosted in your home. Knife skills, healthy culinary techniques and proper portioning are always included in each Creative Cooking session. Group size is dependent on the home kitchen set up and recipes selected. (max group is 8. 2-3 hour session)

KITCHEN MAKEOVER



Up to 4 hours of hands-on coaching and in-kitchen makeover consulting is provided in this package. 1 assessment session to set up Kitchen Makeover goals and action for personalized cooking and eating for wellness. 2nd session is the physical kitchen makeover in the home.



IN-PERSON SIGNATURE PACKAGES



GREAT BEGINNINGS



Assessment appointment where a wellness plan is created for the client to implement at home on their own. Includes 1 hour appointment with dietitian where a personalized wellness plan is created using pre-meeting client submitted intake forms.

HONORING YOU



Great outcomes take many small steps! Included: VIP Kick start session plus 4 follow-up support sessions, weekly accountability, messaging support between sessions. educational handouts & videos

SNOWBIRD SPECIAL!



For the client that needs a little more support to make healthy habits more permanent while living in warmer weather over the winter. This package includes VIP kick start assessment plus 4 support appointments, weekly accountability, messaging support between sessions. educational handouts & videos to reach towards wellness outcomes.

COUNTDOWN TO SUCCESS



This package is created to support the client in a quest for a future life in wellness. 10 visits over 10 months and is the only package billed a set fee per month. Included are 1-60 minutes assessment appointment followed up by 9-45 minute monthly appointments.

LIVING WELL WITH DIABETES



Nutrition Assessment and planning based on where the client is in their diabetes management. Personalized appointments designed to help successful living with diabetes. 4 - 1 hour appointments total over 3 months.

STEP UP YOUR GAME



For the athlete who works hard to bring their "A game" to their sport. Package includes 1-60 minute assessment appointment plus 2-45 follow-up sessions.