



Nutrition Counseling and Fitness Packages

My 1:1 coaching is offered in the following commitment packages below. Each package includes a 70-minute onboarding session and follow-up sessions 2-3 weeks apart based on your individual needs. All nutrition and fitness sessions are provided using a HIPPA compliant video technology.

Each 45-minute follow-up session is personalized towards your personal nutrition and fitness history, progress, and behavior change needed. Sessions cover topics such as macronutrient and micronutrient analysis, meal timing and prep, and developing mindful eating habits. Resource guides, sample meal plans, recipes, and handouts provided as applicable.

Monthly Coaching Package:

- One 70-minute onboarding nutrition counseling to review your medical, nutrition, and lifestyle history. \$175 value
- One 45 min follow-up nutrition counseling. \$135 value
- Includes monthly customized weekly nutrition plan and shopping list. \$150 value
- Choice of personalized exercise or Yoga program design. \$100 value
- Includes email access for questions minutes between appointments \$50 value

Total value \$610 Discounted price \$499 per month* (3-month investment paid in full before first visit.)

Starter Nutrition Session Package:

- One 70-minute onboarding nutrition counseling to review your medical, nutrition, and lifestyle history. \$175 value
- Two 45 min follow-up nutrition counseling. \$270 value (\$135 per session)
- Two personalized weekly nutrition plans after first and second session. \$175 value
- Sessions will be scheduled 2-3 weeks apart to increase accountability and expires 3 months after initial coaching session.

Total value \$620. Discounted total price \$555* (*Paid in full before first session.*)



Nutrition & Sports Performance or Yoga Session Package:

- One 70-minute onboarding nutrition counseling to review your medical, nutrition, and lifestyle history. \$175 value
- Includes a customized weekly nutrition meal plan and shopping list. \$75 value
- One 45-minute personal training, Yoga, or performance live review session. \$135 value
- One monthly customized fitness, performance, or Yoga program to maximize your exercise or sports performance goals. \$135 value

Total Value \$450. Discounted total price \$399*

Single session rates are only available as follow-up sessions after completing a package:

50-min follow up telehealth nutrition counseling or fitness/sports performance training counseling. **Price \$135***

**All sessions to be paid in full and forms complete before first appointment on online client portal via the website <https://www.absnutritionandfitness.com/request/service>*

Sessions are conducted through HIPPA compliant telehealth platform.