

ABS Nutrition & Fitness

Self-Pay Nutrition and Fitness Coaching

I offer personalized medical nutrition therapy with a root-cause holistic lifestyle medicine approach. This holistic process takes several sessions to allow clients to reach their health and wellness goals offered in 1:1 coaching (both in person and virtual are available).

*Each package includes a **70-minute onboarding session** and **50-minute follow-up sessions** scheduled 2-3 weeks apart personalized towards your unique nutrition and fitness history, progress, and behavior changes needed.*

Sessions cover topics such as macronutrient and micronutrient analysis, meal timing and prep, and developing mindful and intuitive eating habits. Resource guides, sample meal plans, recipes, and handouts provided as applicable.

Starter Nutrition Coaching Package

- One 70-minute onboarding nutrition counseling session to review your medical, nutrition, lifestyle history, and map out big picture goals for nutrition and behavior change.
- Two 50 min follow-up nutrition counseling sessions.
- One personalized meal plan after the second and third sessions.

Follow-up sessions will be scheduled ~2-3 weeks apart to increase accountability and results. Package must be used within 3 months after the initial coaching session.

\$499 Investment

All sessions to be paid in advance of the first session.

Monthly Nutrition Coaching

- One 70-minute nutrition counseling session to review your medical, nutrition, and exercise/lifestyle history.
- One 50-minute follow-up nutrition counseling session.
- Customized weekly nutrition plan with the Nourishly app for food analysis and nutrition coaching tracking with my weekly comments and support.
- Choice of one in person or virtual one-on-one personalized exercise or Yoga program session.
- Includes Nourishly app membership and chat access for questions between appointments.

<https://www.nourishly.com>

\$399/mo (3 month investment)

All sessions to be paid in advance of the first session.

Nutrition & Sports Performance or Yoga Sessions

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

\$399 investment

All sessions to be paid in advance of the first session.

One nutrition coaching session + meal planning app*

Single session rates are only available as follow-up sessions after completing one of the above packages:

- One 70-minute onboarding nutrition counseling session to review your medical, nutrition, and lifestyle history.
- Includes customized nutrition plan and membership through the Nourishly app.

\$299 per session

Must be paid in advance of the first session.

**Only eligible to specific medical diagnosis clients.*

One nutrition coaching session

50-min follow up telehealth nutrition counseling or fitness/sports performance training counseling.

\$155 per session

All sessions to be paid in full and forms complete before first appointment on online client portal Simple Practice which will be set up prior to your initial session.