

# SERVICE RATES



## **NUTRITION COUNSELING:**

Initial Consultation: **\$150**

*Includes: 60 Minute Session + 1 Inbody Scan*

Follow-up Session: **\$80**

*Includes: 30 Minute Session + 1 Inbody Scan*

Follow-Up Bundle:

**\$225** - Includes 3-30 Minute Follow-Up Sessions + 3 Inbody Scans

**\$420** - Includes 6-30 Minute Follow-Up Sessions + 6 Inbody Scans

**\$650** - Includes 10-30 Minute Follow-Up Sessions + 10 Inbody Scans

## **INBODY MUSCLE & BODY FAT ANALYSIS:**

Inbody Scan: **\$50**/scan, **\$125**/3 scans

## **ACCOUNTABILITY PROGRAM:**

*Weekly 15 Minute Check-In Calls \$99/month*

## **CULINARY SERVICES (virtual):**

You can substitute your one-on-one nutrition sessions for these 60 minute services

- In-Home Cooking Class
- In-Home Pantry & Fridge Makeover
- Guided Grocery Store Trip