

CUSTOMIZED NUTRITION PLANS

3 WEEK BASE PLAN

Free Consultation (Virtual or In Person)

- Go over Goals, Food Sensitivities, Allergies, Favorite Foods, etc...

3 Week Meal Plan

Start Up Appointment

- Review Customized Meal Plan

7 WEEK EXTENDED PLAN

Free Consultation (Virtual or In Person)

- Go over Goals, Food Sensitivities, Allergies, Favorite Foods, etc...

Meal Plan #1

Start Up Appointment

- Review Customized Meal Plan

2 Week Follow Up Appointment

- Celebrate Mini-Milestones
- Make adjustments where needed

Updated Meal Plan #2

Final Appointment

- Review updated Meal Plan
- Track Progress and Reassess goals

Access to Texts

- Quick Responses to any questions throughout your journey
- Friendly check ins and reminders to keep you on track