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**Rates and Service Details**

**Package A: Three-Month Health & Nutrition Reset Program**

* **$1,096 (if paid in full)**
* **$1,190 (2 installments of $680 and $510)**
* **$1,294 (3 installments of $680, $307, and $307)**

Services include:

* One Complete Assessment and Recommendations Session (3-hours)
* Four Follow-ups (1 hour each session)
* BONUS: Nutrition Education, Email coaching, support and Q&A throughout program
* Program Features listed below.
* Note: Program to be completed within 3.5 months.

**Package B: Six-Month Health & Nutrition Comprehensive Program**

* **$1,796 (if paid in full)**
* **$1,894 (3 installments $860, $517, and $517)**
* **$2,014 (5 installments: 1st is $734, and then 4 X $320)**

Services include:

* One Complete Assessment and Recommendations Session (3-hours)
* Eight Follow-ups (1 hour each session)
* BONUS: Nutrition Education, Email coaching, support and Q&A throughout program
* Program Features listed below.
* Note: Program to be completed within 7 months.

**Program Features Includes:**

* **Initial Assessment Sessions**: During the first session, I check health history, fully assess the root of the health challenges, talk about current health goals, and create a health and nutrition plan customized to fit your lifestyle.
* **List of Foods**: During the assessment, you will receive an individualized list of recommended foods (those to increase, and those best avoided).
* **Follow-up sessions**: check in, plan the following action step, assess progress, make adjustments to the program, and to re-test as needed.
* **Discussion and education** on your individual health condition; assessing the root of your health challenges, and customize a step-by-step action plan that fits your lifestyle.
* **Resources**: shopping, restaurant recommendations in the Bay Area, products and brands of healthy foods, sources of healthy food delivery in the Bay Area
* You will receive **expert nutrition & lifestyle recommendations**, coaching, action steps. Together, we will create a plan that supports your unique needs and fits into your lifestyle.

**Custom Nutritional Solutions including:**

* + Diet evaluation, analysis, and full assessment of individual health needs
  + Custom research and nutrition information with handouts
  + Introduction of foods to support your specific health goals
  + Quick, easy, and healthy whole foods recipes, customized menus and meal plans, and cooking tips
  + Customized supplements and herbs *(Additional cost)*
  + Recommendations for restaurants, natural food stores, farmer’s markets, books, and more!
  + Email coaching and Q&A throughout program
  + Access to lab testing *(Additional cost)*